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TELEGRAM Conservation COOK BOOK



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An All-Western Conservation Cook Book



CONTAINING ALL THE
TABLES, RECIPES AND
IMPORTANT ITEMS
DISCUSSED IN AUNT
PRUDENCE'S KITCHEN
DEPARTMENT OF THE
EVENING TELEGRAM



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MODERN PRINTING & PUBLISHING CO.
PORTLAND, OREGON, U. S. A.

By
Aunt Prudence *prudence*

MRS. INIE GAGE CHAPEL

December 15, 1917

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MORAL

MATERIALS AND MONEY

AS each little recipe in this book is found to provide its quota of economy in materials promoting saving by preventing waste—we hope that you may also be able to read that lesson of financial thrift which is contained between the lines, and that this latter type of conservation may benefit you individually as does the former contribute to the welfare of your country, nationally.

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Introductory

Portland, Or., Aug. 31, 1917.

Dear Friends: Of recipe books and columns of recipes in the newspapers and magazines, just now there truly are no end, so that I would not have the courage to present anything more along the usual lines for your attention, but I believe we have something very helpful, as I know we have something absolutely new to present, in a plan for accurate pricing of all recipes, with other helpful ideas.

My desire is to start a new department, not of scientific cooking to teach all women the new domestic science and cooking school ideas of cooking, valuable as these are, for these are now so well presented.

We want to present not the new science, but the old art, to gather and publish the old tried recipes of things that mother used to make—the essential, nourishing things that we older women have cooked for years in our own families, and that we know kept our husbands well and gave us happy and well developed boys and girls—and especially such of these as are the least expensive.

Our cook books, and the recipes copied from them which are published in the papers, were all written for times of plenty, and not only are unnecessarily expensive ingredients used in them, but all things that are the least imperfect are rejected, leaving us with much of our war gardens unused. We must teach one another to cook economically, to utilize all the by-products, and with our economy we must not sacrifice food values, or palatability which is essential that our families eat the food we cook and keep well. We all know that simple, plain fare, perfectly cooked, is what really keeps us in robust health, but while we have a general idea of what recipes are the cheapest, we don't know absolutely what any of them really cost. For the very first time, so far as I know, we are going to produce a collection of recipes of all kinds, whose exact cost per person is worked out, so that we may know absolutely, not only what each meal costs us, but the comparative cost of all the recipes we use.

You would not want to feel that the ingredients of your prescription put up at the drugstore would ever vary in the slightest degree. Recipes may be just as exact, and it is possible to figure out the cost of the ingredients of each recipe. I will do that now, at the present high prices, for the main items in use. We will print very valuable tables of all measures and

weights used in cooking, and later all common ingredients of cooking priced so that it will be very easy for us all to get the absolute cost of each recipe.

If the good housewives of the West will feel it their patriotic duty to help us, by figuring out some of their tried recipes that they like well enough to use often, and send them in to help other women, we will have a collection of recipes that we will all prize most highly. This may be truly your bit, and as helpful to your country as anything you can do. Nothing, at any time, is as vital to the life of a nation as food, and we are told just now by our president and Mr. Hoover that we women may play a very real part in winning this awful war through our conservation of food. Some of us housewives and homemakers, who have brought our traditions of thrift from barren New England, understand how to do this better than the women who have grown up in this warm, luxuriant garden land, the fertile Willamette valley. Now is our chance to help. let us all heed the call.

I am not a newspaper writer. I come from my home to this work because I sincerely believe it will be a great and much needed benefit to all women. I believe I have these decided qualifications for the work:

First—Accuracy. I can assure you that every figure presented to you, both in the tables of weights and measures and in the price values, will be absolutely correct and reliable. These will not be just figures copied from a book, but they will be worked out and most carefully verified by me before they are printed, so that you can rely upon them in every instance.

Second—Originality. While it is as true, of recipes, as of anything else, that there is nothing new under the sun, and that the standard proportions and relations of all cooking were absolutely determined long ago, yet we are now considering these standards from a new angle. We are challenging all recipes to show their worth in food value, and that they bring the price of food inside our incomes as well as that they please our palates, which has been the sole standard too long.

No one has tried to tell us accurately what each recipe really does cost before. This will be original work for us all. I am finding out the exact and comparative cost of our fuels here now, of different kinds of wood, of gas and electricity. When we get that we will have a Bread

Contest and be able to tell our city fathers, who are working on the standardizing of the price of a one-pound loaf of baker's bread—just what a first-class one-pound loaf of home-made bread really costs. Other contests will follow each week.

We have an ideal medium through which to express ourselves in The Telegram. It reaches the great middle class, to which most of us belong more exclusively than any other paper here. It has ideas and ideals. It is most generous in the space and money it is willing to contribute to make this work a success.

But the real opportunity for helpfulness lies with you. I will get your amounts, classify and arrange what you send in, and give what I can of

my own with yours, but I know that a great rich mine of experience and ability is lying unused for the public good among the real homes of this home city, and I call on you women now to unselfishly put yourselves to some little trouble if necessary to help the new housekeepers and the inexperienced ones who want to cook economically, but don't know how and have no place to learn, as well as to confer mutual benefit on each other.

Let us respond to our president's appeal to us, follow the suggestions of Mr. Hoover, and help our beloved country to win this great war "to make the world safe for democracy."

Yours Most Sincerely,

AUNT PRUDENCE.

Our Conservation Work

Is Done Under the Following Divisions

- I. The Conservation of the Fruits and Vegetables of our War Gardens.
- II. The Conservation of Bread.
 1. By flour or meal substitutes for wheat.
 2. By cooked meal or potato substitutes.
- III. The Conservation of Meats by—
 1. The use of Meat Substitutes.
 2. The economical use of meat itself.
- IV. The Conservation of Fats and Sugars, in—
 1. Pastry
 2. Puddings
 3. Some other desserts.
 4. Cakes
 5. Confectionery
- V. Some Lunch Menus for—
 1. School Children
 2. Men and Women in Offices
 3. Men doing heavy outdoor work.
 4. For parties, picnics, evening entertainments, etc.
- VI. Some Holiday Dinner Menus.



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**The Conservation
of Fruits
and Vegetables**

The Conservation of the Fruits and Vegetables of Our War Gardens

UNDER THIS WE CONSIDER

1. Seeding and Harvesting.
2. Drying Fruits and Vegetables.
3. The Preservation of Fruits.

- The Hot Pack Method
- The Cold Pack Method
- Oven Canning
- Canning Without Heat
- Basis of Our Work
- Individual Tested Recipes for Preserving

- Apples
- Peaches
- Pears
- Oregon Cherries
- Oregon Prunes
- Western Oranges
- Oregon Longanberries
- Oregon Blackberries
- Grapes
- Cranberries
- Watermelon
- Miscellaneous Preserves and Jellies

4. Canning Vegetables and Meats.

- The Cold Pack Method
- Oven Canning for Vegetables
- Individual Tested Recipes for Canning—
 - Corn
 - Beans
 - Tomatoes
 - Beets
 - Pumpkin
 - Meats and Fish

5. Pickles and Relishes.

- Mixed Pickles
- Cucumbers
- Tomatoes
- Miscellaneous

Fall Seeding and Harvesting

To tell just when our vegetables now in the ground should be harvested; what is the best way to store those that are not to be canned, and what vegetables can safely be left in the ground all winter here, the Oregon Agricultural College gives these suggestions for seeding and harvesting vegetables. As our season was late this year, I have gone back a little to August 15; this is what we are to do and the time to do it:

August 15-30—**Seeding** late lettuce for frame use and Chinese cabbage. **Harvesting** tomatoes, sweet corn, beans, head lettuce, cucumbers, melons, peppers, etc.

September 1-15 — **Seeding** spinach, fall radishes, turnips. **Harvesting** tomatoes, peppers, eggplant, sweet corn, celery, onions, squash, etc.

September 15-30—**Seeding** radishes outside, setting lettuce in frames. **Harvesting** fall cabbage, cauliflower, head lettuce, late sweet corn, parsnips, celery, late string beans, lima beans, tomatoes, peppers, eggplant, etc.

October 1-15 — **Transplanting** into frames lettuce plants. **Seeding** radishes in frames. **Harvesting** late corn, tomatoes, eggplant, peppers, fall lettuce, late beans, parsnips, kale, celery, etc., store squash, onions, pumpkins.

October 15-30—**Transplant** into the garden cabbage plants for early spring. **Harvesting** late spinach, brussels sprouts, late cabbage, cauliflower, celery, carrots, parsnips, salsify, head lettuce, onions, peppers, fall turnips, winter radishes.

November 1-15—**Finish transplanting** cabbage plants, also transplant more lettuce for early spring. **Harvesting** late cauliflower, late cabbage, late lettuce, brussels sprouts, etc.

November 15—**Harvesting** frame lettuce, radishes, etc., and late crops still in the garden.

What I write you today has been worked out from different sources, but it is all authoritative, and I have a good guarantee of each item. It is not at all for farmers, or experienced gardeners, but simply for the city people who are raising their war garden this year for the first time, and don't know just where to go to find out how to harvest their crops. There is no place that I have found where the information here given is arranged and condensed for the practical use of the city gardener. It is also possible that the experienced gardener may find some item here he didn't know. I found out a number of things myself in my researches.

I notice some things here that can be treated differently. If you haven't much time to gather your crops this fall, many of these can safely be left out in the ground in this climate for many months—some all winter. For instance, kale, which makes fine winter greens, is improved in quality by frost. I have seen plants seven years old in Southern Oregon which had been cut often, and had grown on continuously. Also parsnips and salsify are improved by frost, and are better left out, except that all vegetables left in the ground must be in well-drained soil, as standing in water ruins any of them.

Cabbage is left in the fields in the country around here till late in winter, but be sure it is the late variety of all these you leave out. Brussels sprouts are more hardy than cabbage. Cauliflower is more tender, but it will stay out till frosts begin, and lettuce is green and ready to use till very late. It may be covered on frosty nights and kept for months.

One thing worth trying is to leave the roots of cabbage and cauliflower in the ground, cutting off heads as high as possible. Often good, small, new heads will grow on the old stalks.

Carrots, turnips, rutabagas, parsnips and long winter beets can be left out and dug as wanted for use, and we all know how fine parsley is in winter. In Southern Oregon you can have the finest of green onions all winter, right out in the ground, from seed sown late.

Some farmers leave their potatoes in the ground till spring, but it is very hard to find the rows to dig them after the vines are gone, and it is better to dig them by February anyway, as there is danger of their sprouting after that if they get too wet.

Be sure to get squash in before frost, as they are very easily injured, and take care that the stem is not broken from the squash, and that the fruit is not bruised, or it will not keep well.

Now a few suggestions in regard to storing the vegetables you gather. Put all vegetables where they will have some ventilation and will not be too warm and yet will not freeze. Pick over occasionally and remove all decaying matter, as a little of it soon spoils the rest. Beans should be left on the vines till dry. With our hot, dry weather many are dry now and must be gathered before they shell on the ground. Pull vines and all and put where they will dry thoroughly; then shell by pounding in a box and

set the family at a picking over contest in the evening.

Before digging your potatoes for winter you must wait for the first fall rains to cool the ground, or they will shrivel.

J. D. Mickle, Oregon food commissioner, gave me some very valuable advice about gathering and storing potatoes and other root crops. He said when harvesting them don't let them be exposed long to the wind, any more than to the sun, or don't leave them open in a basement or shed, where the wind can blow on them, as that is what gives them the bad taste we sometimes notice. When

asked how people in a small city house with no cellar, or in a house with a furnace in their cellar, could store their potatoes on their own premises, he said to choose the best drained part of your lot (it must not be a place where water stands in the winter), and to lay out a circle on the ground as large as you want your pit to be. Then dig a trench or drainage ditch around this circle, throwing all the dirt on the central space. Level it, and on this pile your potatoes in a conical shape. Now cover this with six to eight inches of straw, and over that the same thickness of earth, and your potatoes will keep well.

DRYING VEGETABLES AND FRUITS

The papers and magazines are full just now of enthusiastic advice and elaborate recipes for the drying of fruits and vegetables, and conscientious housewives who are trying to do every "bit" that they possibly can do "to help win the war" are presumably laboring early and late drying everything in their gardens.

But are there not local conditions involved that might "give us pause"—at least long enough to decide whether drying is the thing for us. These bulletins from Washington are sent out to the whole United States, and each locality must decide what is most adapted to it. On the barren hills of New England dried fruit was esteemed a luxury. My mother contended to the day of her death that no pie equaled dried peach pie, but she never made one that I could eat, though she was a most excellent cook. In the long Alaskan winters dried or desiccated vegetables are a real luxury, their light weight and ease of transportation making them exactly meet the requirements of the conditions of life there. I suppose this is also true of the army. But here in the old Willamette valley, famed far and near for the productivity of its soil, its equable climate and its winters so mild that grass is green and many vegetables that in most other localities must be harvested can be left right out in the ground all winter here, why should we wish to dry our vegetables?

One of our state bulletins from the O. A. C. suggests that country communities go in together and dry the same things for export, which would undoubtedly be a wise business move, but we are now talking about our own home gardens and how best to

preserve their products for our own families. Of course, sometimes when we are too busy about other things some of our vegetables get ahead of us and dry themselves before we know it. The unexpected drouth and hot weather that struck us the last of June gave us all a nice crop of dried peas for winter soups instead of the delicious canned peas we had planned, and many of our string beans may "get too old" to be good green, but are all fine dry beans for winter. In these and similar cases we'll take what we get and be thankful. If this frightful war continues five or ten years we may all need to dry vegetables and fruits, but we surely can get cans of some kind this year.

It might be well to try drying a few things this year as an experiment. Or a little desiccated vegetables might be bought at any of the large groceries to see if our families relish them, remembering that the big establishments can dry quicker and so preserve much more of the natural flavor than is possible to us.

We are urged to keep our families well by supplying sufficient nourishing food, and this food must also be palatable or they will not eat it and their health will suffer.

I suppose there is no place in the United States where a greater variety and abundance of fruits and vegetables exist for more months of the year than right here in Western Oregon, so let us take a sober second thought before we feel it right for us to adopt the same methods of conserving our food that are necessary in barren New England or the frozen North.

AUNT PRUDENCE.

THE PRESERVATION OF FRUITS

Drying is the oldest method of food preservation. Sun drying goes back of all historic records; then preserves, jams, etc., came to be known, and about 100 years ago glass cans that could be sealed were invented, and

shortly after this method was extended to the cheaper tin can. Since then these, with many new inventions and perfections, have been our most widely used method of preserving fruits and vegetables.

HOT PACK OR OPEN KETTLE METHOD

In canning, various methods have been divided under two main heads, the "Hot Pack" and the "Cold Pack." The hot pack is simply our old method of cooking fruit or vegetables and putting them into the can hot. It is also sometimes called the "open kettle method," and when only a small quantity of fruit or of any vegetable that will keep by this method (like tomatoes), are to be done at one time, this is the best method to use, the most economical of labor and fuel, and giving excellent results, if carefully done, as follows:

(a) Fruit carefully prepared, rejecting all imperfect parts.

Note.—This does not imply using only perfect fruit and vegetables, as is usually called for in recipes. It is a little more work to cut away the rotten or hard, etc., parts, but it should be done this year. A half or quarter of an overripe peach makes perfectly good marmalade, if you are sure that the portion you use is abso-

lutely free from rot; and all culls of tomatoes, that you will take the trouble to go over very carefully, cutting out all green, rotter or hard spots, and cooking the pulp thoroughly, make most excellent soup stock, etc.

(b) Thorough cooking, as given in recipes, and a little longer if fruit doesn't seem fully cooked.

(c) Absolute "surgical cleanliness" of utensils. This means to have your can and tops in really boiling water, so that every part is fully sterilized. Then to dip the rubber in for a moment with fork, etc., just before adjusting it, being sure your fingers do not touch the inside edge in adjusting it, and screwing lid down tight.

(d) Getting your fruit in the can, and top on as soon as possible. If you use a funnel, cup, spoon, etc., in putting the fruit in the can be sure each of these is sterilized in the boiling water.

COLD PACK CANNING

"Cold Pack" canning is putting the fruit and vegetables in the can cold, and then applying heat outside the can to cook. We give a brief description of this method of canning. You can find it given more fully in state and government bulletins and in extracts from them published in many magazines and newspapers. This is the newest approved method, though my first book on canning by this method was published in 1890, and I paid \$10 to learn it that year. Cold pack canning is so called because the fruit or vegetables to be canned are put into the can cold and raw and cooked later in the can. The latest important addition to the method is the blanching and cold dipping. This process, going as it does from 212 degrees Fahrenheit to 80 degrees or under, forces such a sudden change of temperature upon the fruit or vegetable that, besides setting the color, loosening the skin and shrinking the

product, it kills the bacteria which would cause the fruit or vegetable to spoil. Be sure not to slight any part of this process. If you use hot instead of rapidly boiling water to blanch a vegetable, and it is not cold dipped at once, it may lose its color. If the vegetable is allowed to remain in the boiling water more than the specified time it becomes cloudy (especially peas). Also if your vegetables are not blanched for a long enough time they will shrink, so be sure to watch the clock. Do not put vegetables or fruit into the water until it is rapidly boiling, remove it as soon as the time is up, and cold dip immediately.

When the cold product is packed in hot glass jars and boiling water added, still another change of temperature from cold to hot occurs, thus causing the destruction of harmful spores or bacteria, and the remainder of the process completes the steriliza-

tion and preservation of the fruit. Blanching is the same as parboiling. It means that the product is left in the boiling water for a longer period than is indicated by scalding. For the time for each of our common vegetables or fruits see the table at the close of this description. This table is very valuable and should be always consulted and faithfully followed in using this method.

Cold dipping means plunging immediately into enough cold water to entirely cover your product and at once removing the same. Most fruits should not be blanched, but all which are must be cold dipped at once. (See table.) All vegetables must be blanched and cold dipped. The canning procedure consists of five steps:

1. Scalding or blanching, by placing products in a cheesecloth bag or dipping basket, plunging them into rapidly boiling water sufficient to entirely cover them, and letting them remain from 1 to 15 minutes. (See table.)

However, in the case of greens or green vegetables, the volatile oils and color are better preserved by placing them in a colander set over a vessel of boiling water and covered as tightly as possible for the required time.

2. Immediately upon removing from the boiling water or steam, plunge into cold water of as low a temperature as possible. Remove at once and drain for a few moments. In the meantime be sure your boiler is ready and the water boiling hot.

3. Pack at once, the sooner the better, carefully into hot jars, taken from the container, where they have been sterilizing. In fruits, boiling hot syrup or hot water (see table) is then added. In the case of vegetables hot water is used and one teaspoonful of salt to each quart added as seasoning. The scalded rubbers and tops are then put in place, the tops closed lightly to allow the steam to escape, and the cans placed in the boiler. Slats, cloths, a wire bottom or wooden rack of some kind must have been fitted to the bottom of the boiler, so that the cans do not set directly upon the bottom, but the water can move underneath them. The water in the boiler should be clean and boiling hot before cans are put in and must cover tops of the jars by at least one inch.

Note.—Some methods of canning advocate having the water come to within an inch or two of the top of the can instead of completely covering it. If the water is to cover

completely you must be very careful to have it perfectly clean, as it will boil in and out of your jars. You should scrub your boiler carefully, fill it with pure clean water and put nothing in it but metal can racks to hold your cans. Any wooden slats, etc., will discolor the water and give it a bad taste. Also you cannot pack your cold-dipped fruit into cold cans and put them into boiling water without their breaking. You must set each can, for a moment, in a pail of good hot water, so it will be thoroughly warmed before it is set in the boiler of boiling water. However, you can put your cans into cold or warm water in the boiler and let it come to a boil over them. Fruit or vegetables keep perfectly processed in this way.

4. The processing begins as soon as the water boils vigorously around the cans in the boiler. Watch the clock for the exact time. If using a wood or coal stove be sure the fuel does not get low and the water stop boiling. In any case it is only the exact time that the water is really boiling that is counted. For this see table.

5. Sealing. When the time is up cans must be removed from the boiler and tops tightened at once. They should then be set upside down to test for leaks. If leakage occurs the tops can be further tightened until completely closed. Do not expose to drafts or they may break. Store in a dark, cool, dry place.

Time Table for Cold Pack Canning of Fruits.

Products.	Syrup	Scald or Blanch	Boil'g in Cans 212 deg
Appricots	1S 1W	1 to 2 min.	16 min.
Blackberries.	1S 1W	No	16 min.
Blueberries ..	1S 1W	No	16 min.
Cherries	1S 1W	No	16 min.
Cranberries ...	3S 2W	No	16 min.
Currants	1S 1W	No	16 min.
Dewberries ...	1S 1W	No	16 min.
Gooseberries..	3S 2W	No	16 min.
Grapes	1S 2W	No	16 min.
Peaches	1S 2W	1 to 1 min.	16 min.
Plums	1S 1W	No	16 min.
Raspberries ...	1S 1W	No	16 min.
Rhubarb	1S 1W	1 to 2 min.	16 min.
Strawberries..	2S 1W	No	16 min.
Citrus Fruits.		1½ min.	12 min.
Apples	1S 2W	1½ min.	20 min.
Pears	1S 2W	1½ min.	20 min.
Pineapple	1S 2W	10 min.	30 min.
Quince		6 min.	40 min.
Figs	1S 1W	15 to 20 m.	40 min.

S stands for Sugar, W for Water and the figure preceding each indicates the number of parts used.

OVEN CANNING

To can with a wood fire in the oven leaves the top of the stove free to cook and preserve. To can in the oven such things as peaches, pears or small fruits, prepare fruit as you would to can, only place in jars cold, cover with cold syrup, put covers on part way. If economy jars are used put on but one clamp, and set jars in any large flat pan with about one or two inches of water in bottom. Set this in oven. When the oven is cold build your fire and let boil 40 minutes to one hour. Berries will be done in 20 to 30 minutes. You do not need anything under your cans in the pan, but you must put an extra grate on the bottom of your oven, under the pan. It is best to prepare the fruit at night and put it in the oven, ready for the morning fire.

MRS. W. W. WILLIAMS,
1411 Rodney Avenue.

Our attention has been called by Mrs. Williams to a method of oven canning which is very convenient and economical for those using coal or wood for cooking, and is a great saving of time over the cold-pack method for those using electricity or gas. This method takes the place of the hot-pack method, with results like the cold pack, as it keeps the fruits whole in the cans and preserves most of the flavor and aroma that escapes in the air in the open-kettle method. Fully described, this method is as follows:

1. Have your cans sterilized in boiling water as usual.

2. Pack the raw fruit, cut or whole, as compactly as possible without crushing it, in the cans up to the first rim.

3. For sweet fruits have syrup made of $\frac{1}{2}$ pound (1 cup) of sugar to $\frac{3}{4}$ pint of a pint ($1\frac{1}{2}$ cups) of water, or 5 quarts of water to 6 pounds of sugar, or for very sour fruits use $\frac{3}{4}$ of a pound of sugar to a pint of water, or 6 quarts of water to 9 pounds of sugar to a dozen quart jars. Let syrup come to a simmer and be ready when cans are packed.

4. Fill jars packed with fruit with above hot syrup to one inch below the top.

5. Place cans in racks in dripping pan, or if you have no racks fold cloth below them, not allowing cans to touch each other, and pour hot water in the dripping pan so it will be about one inch deep around the cans. Set in the oven.

6. Cover cans with small tin covers or a large piece of tin weighted down, or a piece of sheet iron, but not the can covers, as it may burn and spoil them.

7. If the oven is moderately hot, almost close the door. If hotter it takes less time, and in 15 to 30 minutes the fruit will be done, but in any case leave the fruit in until the syrup in the jars beads on top. Mrs. Williams suggested putting the cans in the oven the night before, and letting them warm up with the fire in morning, and this seems to be a safe and economical method.

8. Take out the pan with jars from the oven. Have ready more of the syrup added before, boiling hot, and fill each can to overflowing with it. Put on sterilized rubber and screw down sterilized top (just out of boiling water). Test for leaks and put away as usual.

OTHER METHODS OF CANNING

To Boil Fruit in Jars.

Make a syrup of two pints of sugar to one of water, pare and halve the fruit, rinse in cold water and pack in jars. Fill the jar with hot syrup until brimful. Place jars in wash boiler of tepid water, bring the water gradually to a boil and boil from 10 to 20 minutes.—Mrs. Trustman, 1034 Glenn avenue North, Portland.

How to Can Fruit.

Mrs. Finnell, 4543 Sixty-first street Southeast, sends the following: 'Take any kind of fruit and fill jars, such as plums, prunes, peaches, pears, etc. Fill jars with syrup one inch from top. Make the syrup out of water with 1 cup of sugar for a quart can

of fruit. Put in steamer and steam for 15 minutes. Take out and fill cans with boiling water if not full and seal tight. This is excellent, as the fruit remains whole.

Canning Without Heat.

Here are some recipes that I have tried and found to process the fruit perfectly. The pineapple in cold syrup is the way the pineapple fruit used at soda fountains is preserved. In all cases cans, etc., should be sterilized.

To Can in Cold Water—It is not generally known that a few acid fruits and vegetables will keep perfectly canned cold. Gooseberries, cranberries or rhubarb may be canned

by selecting fruit in prime condition, not overripe or overgreen. Place any one of the above in sterilized cans, packing as tightly as possible to the first screw of the jar; put on rubbers (leaving off lids), and submerge jars under water that has been boiled and allowed to cool. Fasten lids tightly under water, take out and tighten again if possible. Wrap jars in brown paper and set in a cool place.

When using above fruit drain off the water and make syrup of it to suit the taste and put back on fruit. It is always best to filter the water, after boiling, through a piece of cheesecloth, before processing by this method.

To Can in Cold Syrup—To can pineapples, cut up pineapples in small

slices or pieces, take $1\frac{1}{4}$ pounds of sugar to 1 pound of pineapple, and place in layers in a stone crock over night, putting in a cold, dark place.

The next day transfer your pineapple to glass jars, and fill jars to the top with the juice which has drawn over night, and seal the jars airtight. Use sterilized can tops and rubbers, and use them hot, so they will tighten better, but the cans should be used cold, after being boiled and left to cool under the same water. To can quinces always use $1\frac{1}{4}$ pounds of sugar to 1 pound of quince, but steep the sliced quinces in boiling water for one-half an hour, before using the same process as above, covering your crock with toweling to preserve aroma.

AUNT PRUDENCE.

RECIPES

Basis of Our Canning Contests.

Better than any prize given is the consciousness of being helpful to other women in this time of national crisis. Under these circumstances our contests will not be ordinary ones, based largely on palatability and appearance, but will be almost entirely decided by economy, on

1. Economy of money and materials, especially in the use of the by-products of our own gardens—the culls, the parts of our fruits and vegetables that we usually throw away. How have you learned to save and use in desirable ways these waste portions that must not be wasted this year?

2. Economy of time. How have you learned to economize on time, to can with less work and yet be absolutely sure that your finished product will "keep?" The judges will not accept just your belief in this last, as you might have had special luck for once, but they must see that it is reasonable that your canning should keep by your method.

3. Another element will be palatability, with especial reference to variety—new flavors and seasonings to give relish to the staple vegetables that we must use day after day next winter.

4. If material such as oranges, pineapple, nuts, etc., not grown here, is used in your recipes, it will discount the value of the recipe considerably.

5. The time required in cooking, the fuel used and kind of fire, must be stated in all recipes, as this makes a difference in both cost and labor; other than this, we do not ask the cost of any ingredient.

6. All recipes must be signed with the sender's name and address, as stated previously. This is to imply a personal guarantee that what she sends has been tested by her recently and that she knows it to be a reliable method to use.

7. Recipes sent are not required to be your original discovery, but you are asked for newer and better methods that are little known.

Apples

Mrs. W. R. Crow, 1153 Forty-ninth avenue Southeast, sends the following: I am sending all my pet recipes and hope others find them as useful as I have. I use a wood range for all my work. So keep a supply of wind-fall apples, which are very cheap. I peel, core and cut each quarter in three pieces and keep the oven and

warming closet spread full, stirring several times a day. In three days they are dry and will not take up the glass jars that are needed for other foods. I dried 40 pounds in one week and my fire was not going half the time. Prunes may be pitted and dried also while the following things are preparing on the top of the stove:

The Associated Press—the Correct News

Cider Apple Sauce.

Three pounds apples pared, cored and quartered, 1 quart sweet cider, 2-3 pint sugar. Put the fruit in the kettle with the sugar, cover with the cider, cook until thick and can in either glasses or jars.—Mrs. Crow.

Cider Apple Sauce No. 2.

Grandmother's favorite. Two quarts cider, boiled down to one quart, 1 quart apples, the largest and best to be had, pared and quartered. Cook the apples, a few at a time, in the cider until they can be pierced with a straw. Skim out on a flat dish, draining back into the kettle all extra cider. Keep cooking in this manner until apples are all cooked. Place apples in a stone jar, boil the cider down until like thin syrup and pour over the apples. This keeps well.—Mrs. Crow, 1153 49th avenue S. E.

Apple Sauce for Apple Pie.

Do not allow one apple that falls from the trees to go to waste, and use any kind of an apple. Wash and remove all parts damaged. (This can be done in the evening.) Cover with cold water and let them stand over night. Boil the next morning with the breakfast fire (do not remove any of the water). When tender, drain through colander and set juice aside.

Now put the pulp through the colander; return it to the fire and boil 15 minutes and can for pies. If one wishes to add sugar and spice to taste before canning, well and good.

Those who have prunes may make another pie mixture by taking one-third prunes to two-thirds apples and preparing as above. Use the prunes now, hard and unripe as they are. I have just finished making gallons, which have a lovely color.

Take the juice that you drained off the apples, or the apples and prunes mixed, and drain through the jelly bag. Return it to the fire, and when it has boiled can in glass jars or bottles for jelly in the winter. It will be a bright red and makes delicious jelly or syrup in the winter by the addition of sugar as usual.—Mrs. W. W. Williams, 1411 Rodney avenue.

Canned Apples With Flavor.

When we can ordinary apples we know that they are tasteless and insipid, fit only for pies. But if these same apples are canned green they will retain all their flavor and taste like fresh apple sauce.—Mrs. W. W. Williams.

Fried Apples.

Slice either sour or sweet apples in slices $\frac{1}{4}$ inch thick, fry in hot Crusto; when light brown on one side, turn,

sprinkle with salt and pepper and serve as a vegetable. They are delicious fried with sliced onion also.—Mrs. Williams.

Apple Butter.

Take nine gallons of cider, boil down one-third, add to the boiling cider three gallons of apples that have been pared and quartered; boil rapidly for two hours, so as to prevent them from sinking; when they commence to sink stir so as to prevent them from burning; add sugar and spices to suit the taste, stir constantly until the mass is reduced to a thick, smooth pulp. This generally takes from 30 to 40 minutes. Place in crocks and tie the cotton batting over the crock.—H. I. Blitz.

Apple Jam.

Select nice, tart and well-flavored apples; chop them fine, removing the core; to each one pound of prepared apples as described use one pound of light brown sugar. First pour over the sugar one gill of cold water; put this in a kettle on the stove, skim syrup clean, then put in your apples and scrape into this the yellow rind of one lemon and squeeze in the juice of lemon, scrape and slice one small green ginger root to each pound of apples and boil all slowly until apples look clear, stirring just enough to prevent burning. When the jam is cooked sufficiently allow it to cool in the kettle, put into glasses or jars and seal as directed in jellies and jams.—H. I. Blitz.

Apple Jelly Without Sugar.

Select juicy, white-fleshed, sub-acid fruit, perfectly sound and mature, but not mellow. The snow apple is one of the best for this purpose. Wash well, slice and core, without removing the skins, and cook. Drain off the juice, and if a very clear jelly is desired filter it through a piece of cheesecloth previously wrung out of hot water. Boil the juice, rapidly at first, but more gently as it becomes thickened, until of the desired consistency. The time required will vary with the quantity of juice, the shallowness of the dish in which it is boiled and the heat employed. One hour at least will be required for two quarts of juice. When the juice has become considerably evaporated test it frequently by dropping a few drops on a plate to cool, and when it jellies sufficiently remove at once from the fire. A much larger quantity of juice will be required for jelly prepared in this manner than when sugar is used, about two quarts of juice being required for $\frac{1}{2}$ pint of jelly. Such jelly, however, has a most delicious flavor and is very wholesome. It may be di-

luted with water for a very fine drink. Where so many cull apples go to waste as do in our fine Western apple orchards, where all imperfect apples are rejected, this recipe should prove very useful. Of course, where

you have access to an evaporator the juice can easily be turned into jelly for you in large quantities, and can be used as a base to make all kinds of jelly, as Mrs. Nat Smythe suggests later in her jelly making.

Peaches

Canned Peaches.

Scald peaches to remove skin and put them in a pail of cold water until you have a sufficient number to can. This will keep them from turning brown. Make your syrup by using one cup sugar to two cups water. Now have your jars ready, and as you cut your peaches in halves place them in jars. Leave two pits in the bottom of each can, pour over the syrup and place jars in boiler. Boil 16 minutes after the water begins to boil, or can as directed in the oven.—Mrs. W. W. Williams.

Peach Preserves.

Select fine ripe peaches, pare, halve and stone them; allow one pound sugar to one pound fruit and put a layer of sugar in the kettle, then a layer of peaches, and so on alternately, until all are used. Cover and let stand until next morning; then bring to a boil quickly and let it simmer merely until the fruit is clear and tender. Blanch and add four peach kernels for each pound of fruit. When it begins to boil, place fruit in glass jars, cover with syrup and seal.—Mrs. Williams.

Peach Marmalade.

Choose fine, ripe peaches, pare, stone and cut them up; add a very little water and cook in a double boiler until reduced to pulp; pass through a colander and allow $\frac{3}{4}$ of a pound sugar to each pound of pulp. Put it on the stove and boil until it will jelly, or until it will drop from the spoon in clots. Stir it from the bottom with a wooden spoon all the time it is on the fire to prevent burning. When done seal in jars.—Mrs. Williams.

Peach Marmalade.

Two quarts overripe peaches, peeled and cut fine, $1\frac{1}{2}$ quarts sugar added to fruit, 1 cup water. Stir and let stand two hours. Break six peach kernels, shred fine and add to fruit. Put over slow fire, stirring often and cook until clear and thick. Put in glasses or jars.

Overripe plums or prunes, especially

the silver prunes, are good made up this way, with the addition of the different combinations of spices or a half cup vinegar added, so the housewife may have a variety of canned goodies with but little trouble.

Suggestions—We are most of us familiar with all the plain canned fruits and vegetables, so will not send in any recipes for those. The petite prunes may be dried in the oven and are a fine substitute for raisins if cut small.—Mrs. W. R. Crow, 1153 Forty-ninth avenue Southeast.

Sweet Pickled Peaches.

Remove skins from fruit and cut in halves. Stick two whole cloves in each piece of fruit and cook until soft in a syrup made by boiling together, for 20 minutes, 2 pounds of brown sugar, 1 pint vinegar and 1 ounce of stick cinnamon. This amount of syrup will serve to cook one peck of fruit. Seal in glass jars.—Bertha Blowers, Hood River, Or.

Sweet Peach Pickles.

Select fine peaches, not over ripe, and not very large; pack them in a jar. Take 2 quarts sugar to 1 quart of vinegar, 1 tablespoonful cloves and broken stick cinnamon (tied in a bag) to each quart of vinegar; boil it 5 minutes and pour hot over fruit. The next day turn it off and boil again, and pour hot on the peaches again; repeat for three days. The last time you boil the syrup add the peaches, let them come to a boil, remove to jars. Boil down the syrup 20 minutes, cover the peaches with the syrup and seal.—Mrs. W. W. Williams.

Peach Jelly.

Use one part very sour apple juice to two parts peach juice, and make like other jellies.—Mrs. Williams.

Fried Peaches.

Choose ripe peaches (freestone), cut in two, remove stone. Fry in $\frac{1}{2}$ -inch hot fat; turn when light brown; remove to dish with the hollow side up. Sprinkle with sugar and serve.—Mrs. W. W. Williams.

Pears

Canned Pears.

Peel pears, quarter them and place in jars. Cover with a syrup made from 1 cup sugar to 2 cups water.

Boil in boiler or place in oven as directed. Pears are easily boiled in the open kettle and then put into jars and sealed.—Mrs. Williams, 1411 Rodney avenue, city.

Canned Pears.

Pare fruit and cook whole with stems left on, or they can be cut in halves or quarters, removing cores. A small piece of ginger root or lemon rind may be cooked with the syrup, which is made of 1 part sugar and 2 parts water. Cook until fruit looks transparent and can be pierced easily with a stiff straw or a knitting needle, and can.—Bertha Blowers, Hood River, Or.

Pear Chips.

Eight pounds of pears, cut in chips; 6 pounds sugar, $\frac{1}{4}$ pound preserved ginger, cut fine; 4 lemons, cut fine; mix all and let stand 4 hours. Then stew until thick; if pears are juicy use no water.—Mrs. E. G. Compland.

Preserved Pears.

Take acid pears for preserving. If the fruit is small preserve it whole; if large cut in halves; peel the pears with a silver knife, dropping them into cold water as fast as they are peeled to prevent discoloration. When the fruit is all prepared weigh the pears and allow a pound of sugar to each pound of pears. Put the fruit over the fire with just enough water to cover it and boil it gently until it is tender enough to yield to a slight pressure of the fingers; meantime put the sugar into the preserving kettle, adding to each pound a pint of cold water, and to every five pounds of the sugar add the thinly pared yellow rind and juice of 2 lemons and 2 ounces of green ginger root scalded and scraped. Boil the syrup and remove all scum as it rises. When the pears are boiled, as directed, put them into the syrup and boil them until they look clear. When the pears are thoroughly penetrated with the syrup remove the preserving kettle from the fire, allow the preserves to cool and put them in glasses or jars as usual.—I. G. C.

Cherries

Select fresh ripe cherries, fill your cans to the shoulder, cover with a syrup made of 1 cup sugar to 3 of water; boil to reduce one-third and pour over when cold. Can in the oven or in the boiler as outlined in the directions for cold pack canning. Boil 20 minutes.

To preserve cherries proceed as for any other preserve.—Mrs. W. W. Williams.

Dried Cherries.

Many seasons in Oregon I notice the Royal Ann and Black Republican cherries dry on the trees. I have gathered these, removed the pits, sprinkled a little sugar over them and placed them in the oven until the

Pear Butter.

Use your overripe pears for butter, peel and remove cores, place in pan with 1 cup of water as soon as they begin to cook. Mash when well boiled down to pulp, add 1 cup of sugar to each 3 cups of pulp; let cool on back of stove two hours. Stir with wooden spoon and do not allow it to burn. When very thick can.—Mrs. Williams.

To Can Baked Pears.

Place pears in baking dish, add one cupful sugar, cover one-third way with water and bake. When done, place in Economy jars with fork, set in pan of hot water, bake in oven for 20 minutes. Remove from oven, put on second clamp and set aside to cool.—Mrs. W. R. Crow, 1153 Fortyninth avenue Southeast.

Pickled Pears.

Peel pears and, if large, cut in two. Take out core. Put four cloves in each piece. Have on the stove four cups of sugar mixed with one cup of water and one cup of vinegar. Put pears in, cook till tender and seal.—Mrs. C. R. Moody, 6829 Fortysixth avenue Southeast.

Ginger Pears.

Four pounds of green pears, $\frac{1}{4}$ pound of preserved ginger, 4 pounds of granulated sugar, 2 lemons. Chop the pears very fine, slice the ginger and let these boil together with the sugar for one hour slowly. Boil the lemons whole in clear water until tender, then cut up in small bits, removing the seeds. Add to the pears and boil one hour longer. Pour into glasses and seal.

Hard pears, which are suitable for no other purpose, may be used for this conserve.—Mrs. H. M. Morse, 451 Ainsworth avenue.

sugar melted. Then packed them into jars and sealed. Use these in the place of raisins.—Mrs. Williams.

Crystallized Cherries.

To one cup granulated sugar add 3 tablespoonfuls of water. Boil to hard boil degree, or until a drop in water hardens. Pour it over a quart of fine ripe cherries which have been stoned. Move them around gently to coat nicely in this syrup, but do not cook. When almost cold dry near the fire.—Mrs. Williams.

Bing cherries canned with one-third loganberries make a most delicious combination. One cup sugar to one quart fruit. Try them.—Mrs. Williams.

Prunes

Prunes to Can.

Select ripe prunes, add $\frac{1}{2}$ cup sugar to each quart of fruit; place them on the stove and bring slowly to the boiling point. Then set aside or let stand over night. (This hardens the fruit and they will not fall to pieces.) In the morning let them come to a good boil, and as soon as they are boiling well all over the kettle they will be done. Do not stir them much. Put in cans and seal.—Mrs. Williams.

Prune Conserve.

Mrs. Nina Haston, 1620 Van Buren street, Corvallis, Or.: Six and one-half pounds sugar, 10 pounds prunes, 2 pounds raisins, 3 oranges, meats from one pound walnuts. Put all fruits through food chopper. I cut the nuts, as I think it crushes them too much to grind them. Mix ingredients well and cook 20 minutes and seal.

Canned Prunes—No. 2.

Remove the prune pits, fill your cans to the shoulder. Cover with a syrup made of 1 cup of sugar to 3 cups of water. Boil to reduce one-third. Place covers on, but do not seal. Put cans in boiler or oven as directed in cold pack or oven canning.

Jelly.

Select prunes when they are blue but not ripe. Cover with water and boil. Steam through jelly bag. Boil 30 minutes, add sugar cup for cup and boil to jelly.—Mrs. Williams.

Prune Butter.

Select prunes for butter when they are ripe enough to be soft. Remove the pits, put through the meat grinder. Place pulp in kettle and boil; you will have to watch and stir the pulp to keep it from burning. When well boiled down add $\frac{1}{2}$ cup of sugar to each quart of pulp. Boil 20 minutes longer and can. People who like spices may add them. I never do.—Mrs. Williams.

Pickled Spiced Prunes.

Select large ripe prunes, put a clove into each; prepare a syrup of 4 pounds of sugar to 1 quart of vinegar, add a stick of cinnamon and bring to a boil. Have the prunes in a jar and pour this syrup over them while it is hot. Pour off and reheat the syrup for nine mornings in succession, pouring back over the prunes, when the prunes may be placed in glass cans and covered with the hot syrup for the last time and sealed.—Mrs. Williams.

Oranges

Orange Marmalade.

Eight oranges, 4 lemons, 4 pounds of cut sugar. Remove peel from fruit and cook until soft in enough water to cover; drain and scrape white part from rind with a spoon. Cut thin yellow rind in strips with scissors. Divide oranges in sections, remove seeds and tough skin and put them into kettle; heat gradually to boiling point, add sugar gradually and cook very slowly one hour. Add the rind and cook one hour longer; then turn into glasses.—Bertha Blowers, Hood River, Or.

Orange Marmalade.

One grapefruit, 1 orange, 1 lemon.

Remove core from grapefruit. Squeeze juice from all and run the remainder through food chopper. Add juice and three parts water and let stand 24 hours. Boil 10 minutes and let stand 12 hours. Then measure one part sugar to one part mixture, boil slowly about four hours.—Mrs. Nina Haston, 1620 Van Buren street, Corvallis, Or.

Orange Jelly.

Select tart oranges, press out the juice and mix with an equal quantity of juice pressed from sub-acid apples. Then for each pint of juice use from $\frac{3}{4}$ to 1 pound of sugar, and process the same as in directions for making other jellies.—H. I. Blitz.

Loganberries

Loganberry Juice for Making Red Rice.

After making jelly, return the pulp of loganberries to the kettle, cover with water and boil 40 minutes. Return to jelly bag and restrain. This juice can be canned and used any time

for rice puddings or for any other purpose desired.—Mrs. W. W. Williams.

To Can Loganberries.

Can as you do any of the small berries, adding more sugar if desired, as they are tart.—Mrs. W. W. W.

Loganberry Jelly.

Add a cup of water to two quarts of berries, set over the fire, and then mash if you have no fruit press. Strain through the jelly bag, add 1 cup of sugar to 1 of juice; return to the fire, boil 20 minutes and turn into glasses.—Mrs. Williams.

Loganberry Juice Makes Fine Drink.

The finest of all unfermented fruit juices can be easily and cheaply made in Oregon. It is a demonstrated fact that practically everybody who has tasted well-made loganberry juice considers it as superior to any other fruit juice.

Preparing the Juice—Anyone who is able to can fruit will have no trouble in making loganberry juice. The sound, ripe fruit is placed in a fruit press and the juice is extracted, and then carefully strained. A small fruit press may be purchased from almost any hardware store. One holding four to six quarts is a convenient size. Where no fruit press is used place the fruit with a small quantity of water in a vessel on the stove and heat gently, at the same time mashing the fruit with a large spoon to extract the juice. It should then be strained.

To every three quarts of juice add one quart (by measure) of sugar.

Place on a stove and heat gently until the juice begins to simmer. It should be removed from the stove at once and put in bottles or fruit jars and sealed. The bottles and jars must first be sterilized in boiling water—just before using—just as they are prepared in canning fruit.

It should be stated with all emphasis that the juice must not be boiled, as boiling destroys the peculiar, rich loganberry flavor.

The juice may be used as soon as it becomes thoroughly cooled, or it may be kept for years. It should be served cold, just like other fruit juice. The juice is rather strong, so that it is better when diluted with about three parts of water to one of juice, just before using.

The writer wishes to predict that some day the manufacture of loganberry juice will be an industry of considerable importance in Western Oregon. This fruit cannot be successfully grown east of the Rocky mountains, and nowhere east of the Cascade mountains does it thrive as it does here along the coast. Hence the Pacific coast will always have a monopoly of the industry.

Anyone desiring further information on this subject may obtain it by addressing the writer.—F. C. Reimer, State Experiment Station, Talent, Or.

Raspberries

Raspberry or Loganberry Shrub.

The following is an old New England recipe for raspberry shrub, which is very satisfactory for loganberry shrub, and which the contributor vouches for as superior in flavor and keeping qualities to Professor Reimer's recipe.

Put 3 quarts of fresh berries in an earthen bowl, pour over them 1 quart of nice vinegar. Let them stand 24 hours, then strain out the liquor and turn it over another 3 quarts of fresh berries. Let this stand another 24 hours. Again strain and press out all the juice, and to each pint add a pound of sugar, and boil 20 minutes. Turn into bottles and cork when cold. When used dilute with three parts water. Keep in a cool place.

Raspberry Vinegar.

Put raspberries in stone jar and cover with vinegar; let stand six days covered over, but stirring occasionally; then strain through flannel, add sugar pint for pint, boil $\frac{1}{4}$ hour, skim and bottle when cold.—Mrs. W. W. Williams, 1411 Rodney avenue.

Raspberry Shrub.

Cover the raspberries in white wine vinegar for seven days; strain through jelly bag and to each pint of juice allow one pint sugar; boil 30 minutes and bottle. Use 3 tablespoonfuls of the shrub to a glass of water.—Mrs. W. W. Williams.

Blackberries

Blackberry Jelly.

Take blackberries, wash clean and add a very little water. Cook until juice is all out of the berries. Strain

through a cloth and add one cup of sugar to one of juice. Cook from 25 to 35 minutes. Put in glasses, but do not cover until cold.—Bertha Blowers, Hood River, Or.

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Blackberry Jam.

Take the berries after the juice has been taken off for jelly, run through the flour sifter and add 2 cups of sugar to 3 cups of the juice. Cook fast 15 minutes, stirring all the time.—Bertha Blowers, Hood River, Or.

Blackberry Jelly.

Take berries not too ripe, put them into a porcelain kettle and cook until reduced to a pulp; then strain them, and to a pint of juice add one pound sugar. Boil to a jelly.—Mrs. C. L. Jordan, 2638 Tenth street, Baker, Or.

Blackberry Cordial.

Put one peck blackberries in a kettle and cook until well scalded. Strain

and press out the juice. Put in kettle and add these spices in a bag: $\frac{1}{4}$ pound allspice, 1 ounce cinnamon bark, 1 ounce cloves, 1 nutmeg. Add about 1 pound of loaf sugar to every quart of juice and cook slowly 10 or 15 minutes. Remove from the fire and let cool.—Mrs. C. L. Jordan, 2638 Tenth street, Baker, Or.

Evergreen Blackberries.

I have often been surprised at the number of people who pass by our native Evergreen black as a worthless berry because the seeds are large. But if mashed and add $\frac{1}{4}$ water, boil and put through a flour sieve, then add $\frac{3}{4}$ cup of sugar to each cup of pulp and boil the same time as for marmalade, it is the most delicious sweet in your cupboard.—Mrs. Williams, 1411 Rodney avenue.

Grapes**Grape Jelly.**

Select your grapes before they are fully ripe. Add $\frac{1}{4}$ water and place them over the fire. Mash as they begin to boil. When all are broken put into jelly bag and drain. Add $\frac{3}{4}$ cup of sugar to 1 cup of juice. Put back over the fire and boil about 30 minutes, or until the jelly comes to top of kettle, and looks as if it were about to boil over.—Mrs. W. W. Williams, 1411 Rodney avenue.

Grape Marmalade.

Remove the pulp from the jelly bag. Cover with water, stir well as you bring it to the boiling point. Put

this through your flour sieve and add $\frac{3}{4}$ cup of sugar to 1 cup pulp. Boil until it thickens well when put on a saucer and left to cool about 10 minutes.—Mrs. W. W. Williams, 1411 Rodney avenue.

Grape Juice.

Six pounds Concord grapes, 3 cups water; boil 10 minutes and strain through jelly bag. To each quart of juice add 2 cups sugar, boil 8 minutes and seal. Any bottle will do, and corks may be had at the drug stores. Dip each head in melted paraffine after sealing.—Mrs. W. R. Crow, 1153 Forty-ninth avenue Southeast.

Gooseberries**Canned Gooseberries.**

Gooseberries are delicious if canned green without sugar. When wanted for the table reduce with $\frac{1}{2}$ water and add sugar to taste. They can be made into pies, puddings and jelly as one wishes. If one wishes preserves add $\frac{3}{4}$ cup of sugar to 1 cup gooseberries and boil for 30 minutes.—W. W. Williams.

Gooseberry Relish.

Pick and wash and drain 5 quarts gooseberries, 11-3 cup raisins, 1 large onion, peeled and ground; put in kettle, add 2 cups brown sugar, 3 tablespoonfuls each mustard, salt and ginger, $\frac{1}{4}$ teaspoonful of cayenne pepper and 1 teaspoonful of tumeric. Pour over 1 quart of vinegar. Bring slowly to the boil. Let simmer 45 minutes;

strain through coarse sieve. Seal hot to use on meats.—Mrs. E. G. Comp-land.

Spiced Gooseberries.

Take 5 pounds gooseberries about ripe, 4 pounds sugar, 2 cups vinegar, 1 tablespoonful each cloves and cinnamon, $\frac{1}{4}$ teaspoonful mace. Boil 3 hours and put in jars.—W. W. Williams.

Gooseberry Shrub.

Take green gooseberries, pour on boiling water to cover, let stand over night. In the morning pour off the juice, heat it and pour back on the berries again; then strain and to each pint of juice add one pint of sugar; boil, skim and bottle.—W. W. Williams.

Cranberries

Cranberry Marmalade.

One quart large Western cranberries, boil in 1 pint of water 30 minutes, add $2\frac{1}{2}$ cups of sugar and continue to boil until well done; pour into molds. Cook at least 24 hours before serving.—Mrs. W. W. Williams, 1411 Rodney avenue.

Cranberry Sauce.

Take 3 cups water, 1 pound raisins and 2 quarts cranberries; boil until soft enough to sift easily; pass it through a sieve, add 2 cups sugar and boil 10 minutes. Turn into mold. Some can be set aside to cool and not put through sieve.—Mrs. Williams.

Cranberry and Sago Jelly.

Select nice Western grown cranberries and wash thoroughly; put them in a saucepan, cover with cold

water, place vessel over the fire and stew until so tender that they will break as you stir them with a spoon. When they are all soft squeeze through a jelly bag, and to a quart of the strained juice add $\frac{1}{2}$ pound sugar and 2 ounces of sago; let it boil until the sago is transparent and put in jelly glasses. This makes a sour jelly to use with meats, but most people prefer it sweeter—at least 2 cups of sugar to 1 quart of juice or pulp. It is a good way to put the cranberries through the flour sifter instead of straining them, as in this way you use the pulp as well as the juice. Cranberries should always be cooked a day or two before they are to be served, and if wanted for a large dinner put in a pretty shaped mold. Then set the mold in warm water a moment before turning out to serve.

Preserves, Jellies, Etc.

Watermelon Preserves.

After boiling the rind until transparent, drain, but leave enough water to keep from burning. Add 3 cups of sugar for a large melon, 2 lemons sliced thin. Cook until it forms a nice syrup, and seal.—Mrs. E. Bergstrom, 1399 Burrage street.

Watermelon Preserves.

Cut rind in square pieces after removing the hard shell, then weigh. Cover with cold water and cook slowly till tender. Let remain in the water until cold. To every pound of the melon allow 2-3 pound of sugar with water enough to make a syrup. Dip melon out of the cold water into the syrup and cook slowly until clear. Add juice and rind of lemon to taste. In using lemon rind, cut so thinly from the lemon that yellow may be seen on both sides of the slice.—Mrs. H. M. Morse, 451 Ainsworth avenue.

Crabapple Preserve.

Wash thoroughly small crabapples without removing the stems. Weigh, and allow an equal weight of sugar. To this sugar add enough water to make a thick syrup and stir over the fire until it is melted. Boil, add the whole crabapples and cook until the skin is transparent. The cooking must be very slow and the syrup must be stirred from time to time. When done, pack into jars, cover with the boiling syrup and seal. This slow cooking may be done in the range oven during the preparation of a meal.—Mrs. H. M. Morse, 451 Ainsworth avenue.

Imitation Apricot Preserves.

Take young carrots, wash and scrape them clean, cut into round pieces and put into a kettle with enough water to cover them. Let them simmer until perfectly soft, then put them through a sieve. Weigh the pulp, and to every pound allow one pound of sugar, the grated rind of one lemon and the strained juice of two lemons and six chopped bitter almonds. Put the pulp into the preserving kettle with the sugar and let this boil for five minutes, stirring and skimming all the time. When cool add the lemon rind and juice and the almonds; mix well with the jam and put into pots.—Mrs. Nat Smythe, 443 East Thirty-eighth street.

Rhubarb Jam.

Six pounds rhubarb, 2 lemons, 5 pounds sugar, 1 pound figs. Cut rhubarb in several pieces, with skin on; mix with sugar and let stand over night. In the morning cut figs and lemons in small pieces, add to rhubarb and sugar and cook very slowly over a low flame four hours.—Bertha Blowers, Hood River, Or.

Strawberry Marmalade or Jam.

To 5 pounds sugar add 1 pound currants and 6 pounds strawberries. Mash the currants in preserving pan with 1 cup of water; put it on the stove and boil; then add the strawberries, press and rub them into an earthenware pan through a fine sieve. Let the sugar boil to the consistency

of thick molasses, add the fruit pulp and boil briskly with contents stirring, for 20 minutes. Skim it and put into jars.—Mrs. W. W. Williams.

Ripe Tomato Conserve.

Four quarts ripe tomatoes, peel and cut out the stem ends. Scrape out seeds, add 3 pints sugar, the grated rinds of 2 lemons, juice of 3 squeezed into a little water and sugar. Cook until fairly thick, turn into jelly glasses. This conserve, if served on a white or green dish, adds an ornamental touch to the supper table and is fine served with meats.—Mrs. E. G. Compland.

Conserve.

One dozen pears, 1 dozen peaches, $\frac{1}{2}$ dozen lemons, $\frac{1}{2}$ dozen oranges, 2 quarts crabapples, quartered; 1 pineapple, $\frac{3}{4}$ weight of fruit in sugar. Boil two hours.—Mrs. W. W. Williams.

To Preserve Berries Without Cooking.

Currants, strawberries, red raspberries and loganberries make most delicious preserves when prepared without cooking. Select ripe fruit, add sugar, pound for pound, place in a jar and mash well. Put it in jars that have been well sterilized as well as their covers. Set in the sun for a few days before putting away.—Mrs. W. W. Williams, 1411 Rodney avenue.

Currant Jelly Without Cooking.

Choose good, ripe currants. Remove from stem, place in jar and mash. Now put them in jelly bag and strain, add 1 cup sugar to 1 of juice. Place on stove and stir while the sugar dissolves. As soon as it looks clear, pour into jelly glasses and allow it to stand in the sun for several days. Cover with melted paraffine. Keep in a cool, dry, dark closet.—Mrs. W. W. Williams, 1411 Rodney avenue.

Oregon Grape Jelly.

I wonder how many Oregon housekeepers are using the wild Oregon grapes for jelly? This gives you a most delicious jelly that is far different from any jelly made from other fruits. Gather the Oregon grapes when ripe, wash and mash, strain through your jelly bag. Add sugar, cup for cup. Boil and proceed the same as for grape jelly.—Mrs. W. W. Williams, 1411 Rodney avenue.

The Oregon "grape," so-called, grows only on the North Pacific coast and is the state flower of Oregon. It is a beautiful vinous shrubby plant something like the Eastern

trailing arbutus, but the leaves, or fronds, of the Oregon grape are almost exactly like holly leaves except that they are handsomer and a little larger usually. It grows luxuriantly all over the western part of Oregon and Washington, and is always beautiful and fine for decorations. In the spring its bright yellow clusters of little bell-shaped flowers among the tender green of the new leaves is very lovely, and in the fall these blossoms are succeeded by small purplish fruit resembling the wild Eastern grape in size. It is not generally known that they can be eaten or used in cooking, but Mrs. Williams gives us a tried recipe for using them.

AUNT PRUDENCE.

Elderberry and Grape Jelly.

So many wild elderberries go to waste here every fall all through the country that I'm going to give a recipe for making them into a delicious jelly. Take 1-3 ripe grapes and 2-3 ripe elderberries. Have all the stems out, put them in a saucepan, place over the fire and let them cook slowly until tender enough to yield all their juice freely. Then put it into a jelly bag and let drain until all the juice is out. Then for each pint of juice add 1 pint of granulated sugar. Then boil the sugar and juice together and stir until the sugar is dissolved. Continue the boiling until a little of the jelly cooled in a saucer stiffens, and when it is partly cold pour it into jelly molds.

General Recipes for Jelly.

Mrs. Nat Smythe, 443 East Thirtieth street, city, sends in the following:

Very few people realize the wide variety of jams and jellies that may be made with plain apple jelly as a base. A box of Gravensteins (or any tart apple), a little fruit juice of several varieties or a few drops of some of the essential oils and a little vegetable coloring, and you are prepared to run the whole gamut of flavors.

I have made apple, lemon, peach, strawberry and orange jelly, also orange marmalade, all from the same box of apples. I made an apple jelly using Gravenstein apples cut up and boiled with a little water, strained with three cups of sugar added to four cups of juice. To make peach jelly I boiled up the skins and seeds of some peaches I had just canned and added one-third peach juice to two-thirds apple juice. For lemon jelly I used the juice of one lemon to every four cupfuls of apple juice. When cool add a few drops of good lemon

extract and a little yellow coloring. Strawberry, two cups of strawberry juice to four cups of apple juice. The orange jelly was made by the addition to every four cups of apple juice of the juice of one orange and one lemon with a few drops of oil of orange added, and some orange coloring. Orange marmalade was made in the same way, only some sliced oranges were added. In adding lemon or orange juice or any flavoring oils to the jelly it is better to wait until the jelly is about to set, or as cool as possible; otherwise the heat will drive

off the highly volatile flavoring oils. For yellow coloring I use tincture of curcuma or tumeric. It is cheap and absolutely harmless. For red use cochineal or any of the vegetable colors which may be had at any drug store. For orange use a mixture of red and yellow.

Economical Jelly.

I boil my plum, apple, etc., parings and make the juice into jelly, so nothing is lost that might be used as food.—Mrs. W. R. Crow, 1153 Forty-ninth avenue Southeast.

Canning Vegetables and Meats

Time Table for Cold Pack Canning of Vegetables and Meats.

Products	Scald or Blanch	Boil in Cans
Tomatoes	1 to 3 min.	22 min.
Tomatoes and Corn	T2, C8	1½ hrs.
Eggplant	3 min.	1 hr.
Pumpkin	5 min.	1½ hrs.
Squash	5 min.	1½ hrs.
Corn (on or off cob)	5 to 8 min.	3 hrs.
Hominy	5 min.	2 hrs.
Dandelions	15 min.	2 hrs.
Spinach	15 min.	2 hrs.
Greens (all others)	15 min.	2 hrs.
Asparagus	5 min.	2 hrs.
Beans (Lima or St.)	5 min.	2 hrs.
Okra	5 min.	2 hrs.
Peas	5 min.	2 hrs.
Brussels Sprouts	5 min.	2 hrs.
Cabbage	5 min.	1½ hrs.
Sauer Kraut	5 min.	1½ hrs.
Cauliflower	5 min.	2 hrs.
Beets	6 min.	1½ hrs.
Carrots	6 min.	1½ hrs.
Sweet Potatoes	6 min.	1½ hrs.
Parsnips	6 min.	1½ hrs.
Beef and Pork	30 min.	4 hrs.
Poultry and Game..	20 min.	3½ hrs.
Fish	5 min.	3 hrs.
Shellfish	3 min.	3 hrs.
Soups		1½ hrs.

Vegetables

Oven Canning for Vegetables.

It has been said that the oven canning is not guaranteed to be sure for vegetables and meats, but I can all my vegetables and meats—everything except preserves, in the oven, and never had a can spoil in years. This is much easier and much more economical than any other method. It is fully described under oven canning for fruits. If your fruit, etc., boils over, and the can is not full, fill with hot syrup, or vegetables with boiling water."

To Can Corn.

Carefully cut corn from cob. To 9 cups of corn use 1 cup sugar, ½ cup

salt (scant), 2 cupfuls water; boil 20 minutes and can. This will be sure to keep. Many people have tried it and it never failed.—Mrs. Williams.

Salt Canned Corn.

For 9 cups of corn I use 1 cup of water, 1 cup of sugar and ½ cup of salt. Boil five minutes and seal. When opened in winter the corn should be soaked in cold water for one hour.—Bertha Blowers, Hood River, Or.

To Can Corn.

Have corn just the right age. If too old it will not keep well or be nice. Clean silk from corn with vegetable brush, cut from cob and scrape the cob lightly. Fill your jars full and press down so the milk will stand on top. Seal and place in boiler with wooden grate on bottom. Place jars on this and fill boiler with water to cover jars. Cover the jars with a heavy cloth, then the top of the boiler with heavy paper; then the lid. Let come to a boil, then keep fire very low and simmer 3½ hours, remove from fire and let stand in the water until cold. I use Economy jars. Corn put up in this way will keep several years. In preparing for table put corn in pan and add sugar, salt and butter, with a little water; simmer on back of range ½ hour; then add a little milk or cream. You will find this very nice. I can beans and peas the same way, only filling the jars with cold water with a half teaspoonful salt for each jar of beans.—Mrs. E. G. Compland.

To Can Corn.

Cut the kernels lengthwise with a knife, then scrape with the back of the knife, thus leaving the hulls upon the cob, fill jars with corn and a lit-

the water to one-half inch of the top; see that water soaks well into bottom of jars, can and boil four hours, as for beans.—Mrs. Trustman.

Corn on the Cob.

Wash and strip fresh ears of corn, pack in jars, cover with fresh cold water, boil five hours the same as beans.—Mrs. Trustman.

To Can Peas.

Fill the can full of peas, cover with fresh cold water. To each pint jar of peas add a teaspoonful of sugar. Can and boil the same as beans.—Mrs. Trustman.

Corn and peas are two of the most difficult vegetables to keep. I have canned all these this summer, as well as pickles and other things. I would be glad to help any one who don't know the art of canning.—Mrs. Trustman, 1034 Glenn avenue North.

String Beans.

Be sure the pods are fresh and tender, as old pods do not cook well. Cut pods in convenient lengths, pack jars full, fill to overflowing with fresh cold water. If screw top jars are used screw cover on with thumb and first finger. Fill a wash boiler with cans in this manner, then cover the jars with cold water, heat gradually to a boil, then note the time and keep boiling for three hours. Let the water cool a few moments, then tighten the lids.—Mrs. Trustman.

Mrs. C. E. Banister, North Plains, Or., sends us the following recipe:

Canned String Beans (Cold Pack).

Gather and pack in jars fresh from vines, pack to neck (not to top). Add 1 teaspoonful salt to every one-quart jar, fill to brim with cold water, put on caps, do not put on rubber, boil three hours. Two-quart jars require 4 hours' boiling. Take from boiler one at a time, take off cap, fill the brim with boiling water, put on new rubber and seal.

Canned Beans.

Take young, tender string beans, break into two-inch lengths, put in kettle, cover with water, put in as much salt as you would for immediate use, boil 20 minutes. Put in quart jars and put 2 tablespoonfuls of vinegar into the top of each quart, then seal. When ready to use, pour off juice, parboil in pure water for five minutes, also pour this water off, then prepare as desired.—Jennie C. Hoelzer, 199 Monroe street.

Canned String Beans.

Mrs. Claud C. Miller, 1137 East Twenty-sixth street North, Portland, Or., sends these:

Here are some of my best. I am glad to pass them on:

You who have string beans in your war gardens drying up because, perhaps, you are tired of string beans, or because there are only a few ready at one time so that it doesn't seem worth while to waste fuel cooking them three hours, here is a method worth putting in your cook book. Break beans in pieces, put them in kettle and cook on the supper fire. Thus you save extra fuel. Cook one hour or until tender. Have ready some boiling hot vinegar. When beans are tender, fill sterilized jars to almost overflowing. Add 1 tablespoonful of hot vinegar and seal at once. I have made use of a good many beans this way, and have never lost a can.

To Can Tomatoes in the Oven.

Remove the skins as usual by plunging in boiling water for a minute and peel. Pack the jars as compactly as possible with the whole or sliced tomatoes up to the first screw of the jar, working down on all sides to let out the air. Fill with the syrup and cook in dripping pan as described above. Leave in 25 to 30 minutes, or until the syrup in the jars commences to bead rapidly. Then take out the pan and set on top of the stove; take out one jar at a time, fill up with boiling tomatoes and juice from one of the cans until the jar is full; see that the juice fully covers the tomatoes, and seal as usual.

Or you can can whole tomatoes with their skins on, for winter salad, by adding tomato juice before setting them in the oven. This juice is made by stewing some tomatoes and straining the juice, as tomatoes with skins on will not make sufficient juice of their own. Add one teaspoonful salt to each jar and cook in the oven as before. Fill up, after letting out all air bubbles, from one of the cans. Seal and put in a cool, dark place. The advantage of this method over the open-kettle method is twofold—first, that there is not the danger of letting the fruit lose its shape and get mushy by overcooking or by dropping in the can while soft, and that more of the flavor is preserved; and, second, it is so much easier to pack fruit cold than hot; it is out of the way from the top of the stove when

you are cooking other things, and it is in no danger of burning on if not watched constantly.—J. G. C.

To Can Tomatoes.

Scald tomatoes and peel. Put in kettle or dishpan and cook until heated through. Do not add any salt. Put in jars and seal.—Mrs. C. R. Moody, 6829 Forty-sixth avenue S. E.

Aunt Prudence's Tomatoes.

Did you ever can tomatoes in big-mouthed bottles and earthen jugs, and have you thought that the coffee cans and cottolene pails, etc., with the inside cover that fits down in, are fine to can in? I have used these many times and know tomatoes, etc., will keep perfectly in them if put up right. Sterilize your can and top, as in using glass can, put in tomatoes boiling hot; put down cover, wipe off any moisture around top and seal at once by dropping melted red sealing wax around the crevice. (This is not, of course, the expensive sealing wax used in sealing letters, but a cheaper coarse kind, which comes in a large bar.) You can melt the wax in an old tin and put on with a wooden stick. When cooled enough press the sealing wax down carefully all around, adding more if necessary, and being careful to see that every point where the air could get in is covered, and the contents will keep for years—just as they do in the tin cans you buy.

Also you can can tomatoes in jugs or large-mouthed bottles in the same way, if you cook them slowly to a pulp. It is a fine way to strain out the seeds of part and bottle this clear pulp for soups or meat sauces. When you have filled your jugs or bottles put sealing wax around the corks. I see the government recommends using putty instead of sealing wax. I never tried this, but it would be much easier to handle. Paraffine is also recommended.

But whether you can your tomatoes this way or not, I want to urge you to fill all your bottles of all kinds with tomato catchup, canned in just the same way as given above. It is easy to make, except that it requires two hours of attention and frequent stirring, and it is so much better and purer than that you buy. It also costs but a small fraction of what the ready bottled catchup does, and, above all, the canned catchup is one of the things our government sends to the soldiers, and we should let them have it all and make our own at home.

Here is my recipe, which I know will keep:

Tomato Catchup.

One peck ripe tomatoes, cut fine and boiled $1\frac{1}{2}$ hours, stirred often to prevent burning.

Three quarts onions, sliced.

Three red peppers, sliced.

Two pounds brown sugar.

Half cupful of salt.

Half tablespoonful cinnamon.

One teaspoonful ground mustard.

One quart vinegar.

Stir and boil all together half hour. Strain. Pour in clean, sterilized bottles and seal as above.

Some use just the reddest tomatoes and no other vegetables, and use very little spice, as this darkens it and changes the color. You can try it different ways till you find how your family likes it best.

The tomatoes, sugar, salt and vinegar, in the proportions given, are all that is essential, and sugar can be varied. Celery tops can be added, if desired, and strained out before canning. If I have all my bottles full and want to make more I can in glass jars, etc., and then open these up, when I get my bottles all empty in winter, and re-can. It doesn't take long. I do the same with my tomatoes in jugs, opening a three-gallon jug after I have plenty of empty cans on hand, and canning up 12 cans of tomatoes from it, or as many as I don't use.

Canning Tomatoes in Small Quantities

The following recipe was sent by Mrs. Lulu M. Welch, 1351 East Lincoln street, city, which she finds useful, as the tomatoes in her garden ripen slowly on her vines:

For 1 quart.

One-half 5-pound lard pail of tomatoes, scalded and peeled.

1 teaspoonful salt.

1 cupful water.

Put salt in water; when boiling add tomatoes and boil four minutes in covered stew kettle, then put in hot sterilized jar and seal tightly. For one pint use one-half quantity and proceed as for one quart.

Canned Tomatoes.

Bertha Blowers, Hood River, Or., sends us her favorite recipes. We appreciate the interest of our distant friends.

Pour boiling water over ripe tomatoes and remove skins; cut in pieces, put in kettle and cook slowly without the addition of water until thoroughly scalded. Fill jars and seal.

Tomatoes for Soup.

Use overripe tomatoes, wash, wipe and slice, add one cup hot water to

two quarts tomatoes, place on fire and boil 20 minutes, remove and put through flour sieve, boil 20 minutes more and can or bottle; season when used.—Mrs. Williams.

No. 1.—To Can Beets.

Now is the time to examine your beet bed. If the beets have hard black spots they should be canned, for if they are not you will lose your beets.

To can, wash beets, but do not cut off anything but the leaves. Boil $1\frac{1}{2}$ hours or until tender. Pour off the boiling water, dip your hands into cold water, take each beet, dip it into cold water and slip it from its skin, cut out any bad spots and place at once into sterilized glass jar. When all have been placed in jars, cover with the following: To 1 quart water add 1 cup sugar, $\frac{1}{4}$ cup salt and 1 cup vinegar. Have this boiling and pour over hot beets and seal.—Mrs. Williams.

No. 2.—To Can Beets.

If beets are to be used for hot salad or fried in butter they are better if canned without vinegar. Fill jars as directed for No. 1 and put 1 tablespoonful sugar, 1 teaspoonful salt into each quart can, fill with hot water. Place jars in kettle of hot water, boil 30 minutes and seal.

Those who are fond of parsley better dry enough for winter's seasoning now. After the first frost hits flavor is lost. To dry: Put leaves on plate in the warming oven. When dry put away in a paper bag.—Mrs. Williams.

Canning Pumpkin.

Scrape out the seeds after cutting it up, and bake it until tender, without paring. When baked remove rind, mash with the potato masher in iron kettle if you have one (over the fire). When well browned fill sterilized cans while hot. Add no seasoning until opened for use.—Mrs. Williams.

Canned Meats

For general directions for canning all meat and fish, with table of time for scalding and for boiling in cans, see the Time Table for Cold Pack Canning of Vegetables and Meats, given at the beginning of our work on vegetable canning.

Also see general directions for Cutting Up and Preserving Beef and Pork, under the general heading of Meats farther over in the book.

Canning Meat.

When cooking fruits, if I have not enough jars to fill the boiler, I buy a piece of boiling beef or any preferred meat, cut up in small pieces, roll in flour, fry brown all over, cover with water, add salt, pepper, a very little allspice, a chopped onion and a large tomato. Simmer one hour, can and boil as fruit.—Mrs. W. R. Crow, 1153 Forty-ninth avenue S. E.

To Can Salmon.

Wash, wipe, cut into pieces and fill jars, pack in tight. Put 1 teaspoonful salt to each quart can, add water to fill can, or olive oil. Put one clamp on Economy jars and cook in the boiler, or place jars in pan of water in cold oven, build fire and boil in cans $2\frac{1}{2}$ hours.—Mrs. W. W. Williams, 1411 Rodney avenue.

Spiced Salmon, Pickled.

Boil your salmon and, after wiping it dry, set it to cool; take off the water in which it has boiled and good vinegar, each equal parts, enough to cover it; for each fish add 1 dozen whole cloves, 1 dozen small blades of mace (or sliced nutmeg), one teaspoonful of whole pepper, one teaspoonful of allspice. Heat boiling hot, skim it clear, add butter the size of a small egg, and pour all over the fish in a crock. When cold it is fit for use, but will keep a long time, covered close, in a cool place. Other fish may be pickled in the same manner.—I. G. C.

Dried or Smoked Salmon.

Cut your fish down the back, take out the entrails and roe, scale it, wipe with damp cloth till clean (but do not wash). Rub outside and in with common salt and hang it to drain for 24 hours. One pound and three ounces saltpeter, 2 ounces salt, 2 ounces brown sugar; mix these well together and rub every part of the salmon over with it; then lay it on a large dish (or plank) for two days. Then rub it over with common salt and in 24 hours it will be fit to dry. Wipe it well, stretch it open with two sticks and hang in a chimney or in the smokehouse when smoking meat, or in a cool, dry place to dry. Other fish may be done the same way.—I. G. C.

Pickles and Relishes

Mixed Pickles.

Here are two recipes: The first one I have made, and it is very good. Of course, the particular kind of vegetables you use in either one of these is not essential. Use the required quantity, but put in any vegetables you like, or happen to have, and want to preserve before the frost catches them. However, I would buy the onions if I didn't have them. You can use the large onions cut, of course, either thick slices or quarters, as you like. The difference between these and the "little pickling onions" is in the looks.

Mixed Mustard Pickles.

3 quarts cauliflower, broken in pieces.

3 quarts small onions.

3 quarts small cucumbers.

3 quarts sweet green or red peppers.

3 quarts small green tomatoes, sliced.

1½ quarts string beans.

Sprinkle two cupfuls of salt over all and let stand over night. In the morning drain, cover with the paste (given below) and bring to a boil, but do not cook.

Paste for Mustard Pickles.

3 quarts vinegar.

1½ cups flour.

4½ cups sugar.

3 tablespoonfuls tumeric.

15 tablespoonfuls, or a scant cup mustard.

6 tablespoonfuls butter.

Heat vinegar and sugar to a boil. Rub the flour, tumeric and mustard to a smooth paste with cold water. Add butter and stir into vinegar. Pour dressing through sieve over mixed pickles and let come to a boil, and put in crocks or cans. This makes 2½ gallons as above.—Given me by Mrs. C. D. Woolverton, Gold Hill, Or.

French Chow-Chow.

Here is a recipe from Jane Shumway, a noted cook, which has less than half the amount of vegetables given above, more than half the vinegar and flour, no fat, less than half the sugar and about one-third the tumeric and mustard. You can judge for yourself which combination you like best, but the butter should be omitted in any case now, and, as mentioned, use any vegetables you wish:

1 quart tiny green cucumbers.

1 quart large green cucumbers.

1 pint of green tomatoes.

½ head of cabbage.

3 pints fine White Button onions.

2 heads of cauliflower.

2 small red peppers.

2 stalks celery.

6 T mustard.

2 quarts vinegar.

1 T tumeric.

1 c flour.

1 t celery seed.

1 t yellow mustard seed.

1 t curry powder.

½ t mixed spices.

2 c brown sugar.

The tiny cucumbers should not be over two inches in length. Cut the large cucumbers into slices; also cut the tomatoes, onions, peppers, celery and cabbage; divide the cauliflower into small flowerets. Do not chop the vegetables, but cut them into bits about the size of walnuts. Soak these ingredients in a brine made from one cupful of salt and a gallon of water. Scald them in this brine water after they have soaked for 24 hours, and then drain. Mix the mustard, tumeric and flour in a large saucepan; add a small amount of vinegar, stirring the mixture to a smooth paste; add all the vinegar and heat the mixture, stirring it constantly until it is thick. Then add the spices, brown sugar and all the other ingredients. Cook for five minutes, put into crocks and seal.

Chow Chow.

Two quarts cabbage, 1 quart green tomatoes, ½ pint onions, 1 pint cucumbers, 2 medium green peppers, 2-3 cup sugar, ¼ teaspoonful ground allspice, ¼ teaspoonful ground cinnamon, 1 tablespoonful mustard seed, vinegar to barely cover. Chop tomatoes, add ½ cup salt, let stand over night, drain and cook all ingredients together. Let it just come to boil and bottle or can in jars.—Mrs. W. R. Crow, 1153 Forty-ninth avenue S. E.

Chow Chow (Without Cucumbers.)

Take 1 peck of green tomatoes, 6 large onions, 1 dozen green peppers, 1 large cabbage. Slice tomatoes, sprinkle over them 1 teacupful salt; let them stand over night, drain off the liquor, chop fine, add the onions, cabbage and peppers, also chopped fine. Put on the fire to cook with enough cider vinegar to cover them. Add black pepper, cinnamon, cloves and allspice to suit the taste, and 1 cup sugar. Cook until tender, then seal in jars. I get 5 cents worth of mixed spices and use about one-third. I like them better ground fine before

adding, and leaving green peppers, black pepper, cinnamon, cloves and allspice out.—Mrs. E. Bergstrom, 1399 Burrage street.

Chili Sauce.

Scald and peel 24 ripe tomatoes; chop these up with two red bullnose peppers, two green bullnose peppers and two large onions. Put into an enameled saucepan and add the following: Four cupfuls vinegar, 1½ cupfuls brown sugar, 2 tablespoonfuls salt, 2 teaspoonfuls whole allspice, 2 teaspoonfuls whole cloves, 2 teaspoonfuls cinnamon, 2 teaspoonfuls ginger, 2 teaspoonfuls ground nutmeg. Cook until the sauce begins to thicken and the onions are well done; this should not take over an hour. Remove the vessel from the stove. Put the chili sauce into jars and seal while hot. This will keep in a wide-mouthed bottle, if it is well corked and dipped in paraffine.—Jane Shumway.

Chili Sauce.

Mrs. C. R. Moody, 6829 Forty-sixth avenue S. E., city, sends us these recipes, and says: "These are all good, as I use them every year. This is my first attempt, and I hope I may call again. (We do, also.—Aunt Prudence..)

Twenty-four ripe tomatoes, 4 onions, two green peppers, two large teaspoonfuls each of salt and ground cinnamon, 2 dozen whole cloves, 3 cups of vinegar and sugar to taste. Put all through the food chopper, cook 1½ hours, then put in jars or bottles and seal.

Chili Sauce.

Pare 12 large tomatoes, chop them fine, peel 2 good-sized onions, chop fine and add to tomato. Chop very fine 4 medium-sized green peppers and add to mixture. Stir all together and add 2 tablespoonfuls salt, 2 tablespoonfuls sugar, 1 tablespoonful cinnamon, 3 teacups vinegar. Boil till thick as catchup and bottle. This makes two pints.—Mrs. W. R. Crow, 1153 Forty-ninth avenue S. E.

Chili Sauce.

One dozen ripe tomatoes, 4 large onions, 4 red peppers, all chopped fine; 4 cups vinegar, 2 tablespoonfuls salt, 2 teaspoonfuls each ground cloves, cinnamon and ginger. Boil two hours.

Piccaililli.

Two cauliflowers, 2 quarts green tomatoes, 1 quart small onions, 24 medium size cucumbers, 3 green peppers. Chop all together and soak over

night in a weak brine. Next day scald for a few minutes, then drain through a colander. Make a dressing with the following:

One-half pound mustard, 4 teaspoonfuls celery seed, 5 cupfuls sugar, 1 cupful flour, ½ ounce tumeric. Mix all of these ingredients to a smooth paste; then add them to three quarts of boiling vinegar and allow to boil for two minutes. Pour it over the pickle and, when cold, bottle and seal with paraffine. This pickle will keep for a year. Salt may be used instead of the brine and cabbage instead of the cauliflower, if preferred.—Jane Shumway.

French Pickles.

One peck of green tomatoes, sliced, 6 large onions, sliced; mix these and throw over them 1 teacupful salt, and let stand over night; next day drain thoroughly and boil in 1 quart vinegar mixed with 2 quarts of water for 15 or 20 minutes; then drain. Take 4 quarts of vinegar, 2 pounds of brown sugar, ½ pound white mustard seed, 2 tablespoonfuls allspice and the same of cinnamon, cloves, ginger and ground mustard. Throw all together and boil 15 minutes.

French Pickles.

This is an old favorite with my family: One peck green tomatoes, sliced; 6 large onions, sliced; mix these and throw over them 1 teacup of salt and let them stand over night. Next day drain thoroughly and boil in 1 quart vinegar mixed with two quarts water for 15 or 20 minutes, and drain. Then take 2 quarts vinegar, 1 pound brown sugar, ¼ pound white mustard seed, 1 tablespoonful ground allspice and the same of cinnamon, cloves, ginger and ground mustard. Throw all together and boil 15 minutes.—Mrs. President R. E. Hayes, Washington, D. C.

(I like to use large and yellowish green tomatoes, those that would soon ripen, and cut them in thick slices. Do not cook them to pieces. The spices can be varied to taste, leaving out any you don't like; allspice makes pickles black and a very little goes a long way.)

AUNT PRUDENCE,

Sweet Green Tomato and Onion Pickles.

Mix together 1 peck green sliced tomatoes, 6 large sliced onions and 1 teacupful of salt. Let the mixture stand over night, and in the morning drain off the liquid. Boil the mixture for five minutes in 2 quarts of water and 1 quart of vinegar. Drain it again. Boil for 15 minutes 4 quarts

of vinegar, a quart of brown sugar, $\frac{1}{2}$ pound ground mustard, a tablespoonful of cloves, 2 tablespoonfuls of cinnamon, 2 tablespoonfuls of ginger. Put the drained tomatoes and onions in jars, pour over them the boiling liquid and seal the jar at once.—Mrs. E. Bergstrom, 1399 Burrage street.

Bordeau Sauce.

One quart green tomatoes, sliced thin, and let stand in cold water over night. Two quarts cabbage, sliced thin; 5 onions, 2 green peppers, 1 red pepper, put together and chopped; 2-3 tablespoonful allspice, $\frac{1}{2}$ tablespoonful tumeric, $\frac{1}{2}$ tablespoonful white mustard seed, $\frac{3}{4}$ tablespoonful celery seed, 1 heaping cup sugar, 2 even tablespoonfuls of salt, 1 quart vinegar; boil all together 45 minutes and can hot.—Mrs. Williams.

Sour Pickles.

Prepare brine strong enough to float an egg. Select small cucumbers of equal size and soak in brine 72 hours. Remove and soak 24 hours in three changes of water, and place in a crock or jars. Scald good vinegar and cover. In ten days drain off the vinegar and re-scald. Pack in jars and fill with hot vinegar. Boil 15 minutes in boiler to seal with self-sealing lids.—Mrs. E. Bergstrom, 1399 Burrage street.

Perfection Pickles.

It's pure delight to can cucumbers after the following. These will keep in an open jar as long as there is a plate over them weighted to keep them under the brine.

Wash and wipe cucumbers, pack in jars or cans, cut the large ones into quarters (they keep equally as well), and cover with the following mixture: One cup mustard, 1 cup sugar, 1 cup salt. Put with 1 gallon cider vinegar. Mix thoroughly and pour over pickles cold. They are ready for use in eight days.

To flavor the above use three bay leaves to the quart for some cans or crocks, or use 1 teaspoonful mixed spices or a bit of dill for other cans.—Mrs. Williams.

(These are uncooked and may be put into crock unsealed. The easiest and best way I ever found to make sour cucumber pickles.—Aunt Prudence.)

Cucumbers.

Cucumbers that are too large or

ripe for ordinary pickles are fine peeled, the seeds cut out, cut in fourths lengthwise, then crosswise. Stand in weak brine over night, drain, put in to each quart 1 tablespoonful mustard seed, 1 teaspoonful sugar; cover with cold vinegar.—Mrs. W. R. Crow, 1153 Forty-ninth avenue S. E.

Dill Pickles.

Guaranteed against failure.

Wash medium sized pickles and place in stone crocks. Put two layers of cucumbers, then one layer of dill plant till crock is half full. Then put in a layer of grape leaves. Any more leaves makes them too sour. Then alternate cucumbers and dill until jar is almost full. Now put on a small plate and a clean rock to hold pickles down. Make a brine in proportion of 1 cup of salt to 16 cups of water. Pour over cucumbers until jar is full; 1 scant teaspoonful of powdered alum to 1 gallon of brine will keep them firm and crisp. These pickles are not too salty, the main fault of dill pickles. They must be kept well under the brine or they will get soft. The scum that rises should be taken off about once a week.—Mrs. Claud C. Miller, 1137 East Twenty-sixth street North.

Dill Pickles.

Jennie C. Hoelzer, 199 Monroe street, sends these:

Take medium sized cucumbers, wash in cold water, then fill quart jars. Put in each jar $\frac{1}{2}$ cup vinegar, 1 tablespoonful sugar, 2 tablespoonfuls salt, pinch of pickling spices and spray of dill. Fill rest of space in jars with cold water and seal. These pickles are very good and will keep indefinitely.

Good Dill Pickles.

Take large green cucumbers with a little of the stem left on, wash and put in a stone crock, the bottom of which has been covered with grape leaves and several pieces of dill. On this put a layer of cucumbers and then more grape leaves and dill, and so on until the top of the crock has been reached. Put lots of grape leaves on top. Cover with strong salt water and put a large dinner plate, weighted down with a clean rock, on top in order to keep the pickles immersed in the solution. Keep in a warm place two weeks and then put in a cool place for the winter.—Mrs. Nat Smythe, 443 East Thirty-eighth street.

Phone Your Want Ads to The Telegram—
Broadway 200, A 6701

Dill Pickles.

One quart of water, 1 pint vinegar, $\frac{1}{2}$ gill of salt. Put together and let come to a boil. Do not put in cucumbers until cool.

Put 1 gallon of cucumbers (enough to fill two 2-quart jars) in weak salt water over night, rinse them in clear water in the morning, pack into jars with layers of cherry leaves and one bunch of dill flora to each layer of cucumbers. When jar is full pour over vinegar. There are two cucumbers to the layer.—Mrs. E. Bergstrom, 1399 Burrage street.

Dill Pickles.

Wash cucumbers, roll each cucumber in a grape leaf and pack in 2-quart jars or stone jars with dill between. To a gallon of cucumbers take about 6 head of dill, stem and all. Cover with water that has been boiled, to which has been added one cup of salt for each gallon of water. If jar is used put plate with rock on to keep under water, set in a warm place for 10 days.—Mrs. Williams.

Dandy Sweet Pickles.

Oh, housewives, you who make wrinkled, shrunken pickles, here's a recipe you are waiting for. Don't you like the nice solid, crisp pickles you get at the store? Here is the way to make them like that, only ten times better.

Pick small cucumbers from your war garden, leaving piece of stem on each cucumber. This helps to keep them solid. Wash and place in stone crock. Make brine strong enough to float an egg. Pour over cucumbers. Put a plate and stone (not too heavy) to hold them under brine. Then fill remainder of crock with brine. Every day you can pick a few cucumbers from your vines and add to this till jar is full.

In two weeks they are ready for the finishing process. Pour off brine and cover with fresh water, leaving for 24 hours to remove salt. Take enough vinegar to cover pickles. (If very strong must be diluted with water.) Add sugar to taste. About 4 cupfuls to a gallon of vinegar. Prepare a small bag of mixed pickling spices. Put in the vinegar. Bring vinegar to a boil. Pour off water from cucumbers and when vinegar is boiling pour over the cucumbers. Cover with a cloth. A teaspoonful of powdered alum to a gallon of vinegar keeps the pickles firm and crisp. The next day pour off vinegar, re-heat, putting in the bag of spices again. When boiling, pour over pickles, and that is the end thereof.—Mrs. Claud C. Miller, 1137 East Twenty-sixth street North.

Ripe Cucumber Pickles.

Take 24 large cucumbers, ripe and sound; 6 white onions and 4 large red peppers. Pare and remove the seeds from the cucumbers; chop well, not too fine; then chop fine the onions and peppers. Mix thoroughly with 1 cupful of salt, 1 ounce white mustard seed. Place in a muslin bag and drain 24 hours. Remove to glass jars, cover with cold vinegar and seal. They will keep a long time and are excellent.—Mrs. C. M. Hall, 790 East Ankeny street.

Oil Cucumber Pickles.

25 medium cucumbers.
1 cup of yellow mustard seed.
1 tablespoonful celery seed.
 $\frac{1}{2}$ cup salt.
1 cup salad oil.
1 quart vinegar.

Cut cucumbers in thin slices, place in jar in layers with the spices, oil and salt, and pour vinegar over the whole. Seal tight.—Mrs. H. M. Morse, 451 Ainsworth avenue.

Spiced Green Tomato Pickle.

Slice 2 gallons green tomatoes $\frac{1}{4}$ inch thick, put 1 cup salt in enough water to cover; let stand two hours. Drain, pressing out all brine. Take 1 quart cider vinegar, 1 level tablespoonful each ground cloves, peppers, allspice, ginger and cinnamon and 1 pound brown sugar. Boil up, add tomatoes and simmer till tomatoes are barely tender. Can while hot, or it will keep in open dishes if kept cool.—Mrs. W. R. Crow.

Ripe Tomato Pickle.

This is an extra good recipe for an uncooked pickle in which you can use your partly ripe tomatoes, though, of course, the bright red ones look prettier.

Three pints tomatoes, peeled and chopped (cut not too ripe), 1 cup chopped celery, 4 tablespoonfuls chopped red pepper, 4 tablespoonfuls chopped onion, 4 tablespoonfuls salt, 6 tablespoonfuls sugar, 6 tablespoonfuls mustard seed, $\frac{1}{2}$ teaspoonful cloves, $\frac{1}{2}$ teaspoonful cinnamon, 1 teaspoonful grated nutmeg, 2 cups vinegar. Mix in order given. Put in a stone jar and cover. Must stand a week before using, but may be kept a year after.—Fannie Merrill Farmer.

Ripe Tobato Pickles.

Pare ripe sound tomatoes (do not scald). Put in jars; scald; add spices (tied in a bag) in vinegar, and pour while hot over them. This recipe is best for persons who prefer raw tomatoes.—Mrs. C. M. Hill, 790 East Ankeny street.

Tomato Catchup.

Will keep without sealing.

One-half bushel ripe tomatoes; cook until it can be strained through a sieve. Boil, stirring till as thick as apple butter. Add 4 ounces salt, 3 ounces black pepper, 1 ounce cinnamon, 2 cups brown sugar, $\frac{1}{2}$ ounce cloves, 1 dram cayenne, 1 gallon cider vinegar. Boil a few moments to thoroughly season.

Bottle while hot and cork tightly. I always put in one-half dozen onions and cook with tomatoes before straining.

Put your corks into a pan of hot water and set on stove for an hour before using. Tie in the cork.—Mrs. C. L. Jordan, 2638 Tenth street, Baker, Or.

Spiced Cantaloupe Pickles.

Five pounds half-ripe cantaloupe, 4 pounds sugar, 2-3 pint vinegar, 1 tablespoonful each allspice, cloves and cinnamon, 1 teaspoonful ginger. Pare the fruit, cut into inch strips, let stand in the sugar until it has made a syrup. Add the vinegar and spices. Cook till clear. Skim out fruit, cook syrup down until thick, pour over fruit and seal.—Mrs. W. R. Crow, 1153 Forty-ninth avenue S. E.

Small Onions.

If you have small onions in your garden that do not dry off they can be canned. Peel, cover with cold water and bring to a boil; drain, cover with boiling water, add salt to taste and place in cans. These can be prepared by placing in a kettle of boiling water on top of the stove, or in a pan with a little water placed in the oven when cold and let come to a good boil. Remove and seal.—Mrs. Williams.

Pickled Carrots.

Take small carrots, scald them and rub off the skin. Parboil them in salted water (care should be taken not to cook them soft), drain and put them in a jar. Boil vinegar enough to cover them, pour it in and let it remain 24 hours. Then drain off the vinegar and boil it again, adding salt. Put one bayleaf and three or four cloves in with the carrots and pour the boiling salted vinegar over them.

These pickled carrots add color and zest to salad dishes.—Mrs. H. M. Morse, 451 Ainsworth avenue.

Sauerkraut.

Shred cabbage with vegetable slicer, pound in stone jar with wooden potato masher, sprinkling a teaspoonful

of salt between each layer of cabbage. When jar is filled put clean white cloth on top of cabbage, cover with a plate with rock on top, set in warm place 10 days till finished. Wash the cloth every day. If it becomes too sour boil one hour in open kettle and can.—Mrs. Williams.

Canned Red Peppers.

(Fannie Merritt Farmer's recipe—very hard to find in print.)

Wash one peck red peppers, cut a slice from stem and remove seeds; then cut in thin strips with scissors. Cover with boiling water, let stand two minutes, drain and plunge into ice water. Let stand 10 minutes; again drain and pack solidly into glass jars. Boil one quart vinegar and two cups sugar 15 minutes. Pour over peppers to overflow jars. Seal and keep in a cool place. Fine for salad.

Corn Relish.

One gallon fresh corn, 2 green peppers, 2 red peppers, 1 cabbage, 3 stalks celery. Cut celery and cabbage and peppers fine, mix with corn, add 1 tablespoonful mustard, 2 tablespoonfuls mustard seed. Cover with white wine vinegar. Sugar and salt to taste. Let simmer $1\frac{1}{2}$ hours. Can while hot.—Mrs. E. G. Compland.

Nasturtiums.

Pick seeds when green but full grown. Cover with vinegar and salt; cold.—Mrs. W. W. Williams.

Mincemeat in Small quantity.

	Cost.
1 c chopped meat.....	\$0.1000
2 c chopped apples.....	.0500
$\frac{1}{2}$ c chopped suet.....	.0253
1 c raisins and 1 c currants or	
$1\frac{1}{2}$ c raisins.....	.0750
1 c syrup	.0625
1 T cinnamon.....	.0250
1 t cloves.....	.0083
1 T salt.....	.0008

Enough for 3 pies costs.....	\$0.3469
Enough for one pie costs.....	.1156
For each pie add 2 T vinegar..	.0032
1 t lemon extract.....	.0292

Total\$0.1480

Cost of filling for one pie is 15c.

Mrs. Lulu M. Welch.

(Pretty expensive these times.)

Green Tomato Mincemeat.

Here is one of my economical and tried recipes, and I do want you to try it. The recipe is just green tomatoes, vinegar, sugar, salt, raisins and spices, cooked down together, and it doesn't sound very good, but really is surprisingly good. Some people use half apples, but I do not see that that

improves it any, and we all have so many green tomatoes in our war gardens that we want to save before the frost catches them, that my advice is to use the recipe as it is, and put in your apples, etc., later if you want to.

The beauty of this mincemeat is that it is perfectly wholesome; a dyspeptic can eat it in the middle of the night without its hurting him (at least he might try it once), and it is really good, so that everyone compliments your pie and can't believe that there is no meat in it. This is the recipe—sent me from a cousin in New York state:

One peck green tomatoes, chopped and drained; 5 pounds brown sugar, 2 tablespoonfuls each of salt, cloves, cinnamon, allspice and nutmeg, 2 pounds raisins (seeded if necessary); one cupful vinegar (and if it is the vinegar from sweet pickles so much the better). Cook slowly three hours and can in glass jars as usual. It is very good as it is, but rather dry, so I always add some kind of fruit when I open it—any canned fruit I have opened, or a glass of jelly or quince honey, etc., is very good. More raisins or English currants can be added or lemons, oranges or anything else used in mincemeat, but you will find this recipe a most satisfactory base to work with, and your pie, being all

fruit, will not be indigestible. Of course, this is exceedingly cheap as compared to regular mincemeat, and it has also the merit of being a meat substitute, and I suppose a great many hundred pounds of lean beef and many pounds of butter are being made up into mincemeat in our country at this time of year.

AUNT PRUDENCE,

Making Vinegar.

When cooking apples save the parings and cores (if sound). They can be thrown into a jar from time to time as they accumulate. Add enough soft water to cover, a cup of sugar to each seven quarts of water; keep covered with netting. Add a bit of yeast, and set in a warm place. Vinegar can be made from any fruit jelly or berry juice which has begun fermenting by adding water (three times the amount of the juice) and a little yeast or "mother" of vinegar.

Pear vinegar is made from parings and cores of pears same as apple vinegar, and is most delicious for salads.

Before canning fruit, etc., I always put cans in boiler of cold water to which has been added one tablespoonful of lye, and rinse, to clean jars.—Mrs. W. W. Williams, 1411 Rodney avenue.

Additional Recipes

Aunt Prudence's Tables and Measures

Key to Abbreviations.

- 1 t—1 level teaspoonful.
- 1 c—1 level cupful.
- 1 T—1 level tablespoonful.
- R—Rounding.
- 1 R T—2 tablespoonfuls.
- 1 R t—2 teaspoonfuls.

The inexperienced housewife will find the following tables of weights and measures of great help, and even the experienced housewife, will, I believe, find the arrangement new, as I have gathered this material from many sources, including many individual tests, and have rearranged all of it, trying to get a logical sequence to the tables, so that items wanted would be easily found.

Of course, "a cup" is a varying quantity, but we will have to use it, trying to always have it mean a medium-sized cup.

With the teaspoons in use nowadays, three level teaspoonfuls of water or salt will fill a tablespoon. Flour and the meals are supposed to be sifted before measuring, baking powder stirred, salt pulverized, etc. Butter and other fats to be packed in firmly and leveled off with a knife, as all level measures should be.

All measures level unless specified; rounding; then supposed to be as much above as below, or twice as much in spoon.

Liquid Measure.

(For Milk, Vinegar, Water, Etc.)

- 60 drops equals 1 t.
- 3 t equals 1 T.
- 16 T equals 1 c.
- 1 gill equals $\frac{1}{2}$ c.
- 1 c equals $\frac{1}{2}$ pt.
- 2 T equals 1 oz.
- 2 c equals 1 lb.
- 1 pt. equals 1 lb.
- 16 fluid oz. equals 1 lb.

Dry Measures.

"A few grains" equals $\frac{1}{2}$ salt spoonful or $\frac{1}{8}$ t.

- 1 saltspoonful equals $\frac{1}{4}$ t.
- 1 t equals 1-3 T.
- 2 t equals 1 R t.
- 1 dessertspoonful equals $\frac{1}{2}$ T.
- 16 T equals 1 c.
- 2 T equals 1 R T.
- 2 c equals 1 pt.
- 1 pt equals 1 lb.

Applied Measures.

- 4 T flour equals 1 oz.
- 2 R T flour equals 1 oz.
- 4 c sifted flour equals 1 lb.
- $3\frac{1}{2}$ c whole wheat flour equals 1 lb
- $4\frac{1}{2}$ c graham flour equals 1 lb.
- 2-3 c oat meal equals 1 lb.
- $2\frac{1}{2}$ c corn meal equals 1 lb.
- 1 pt. corn meal equals 1 lb. 1 oz.

- 4 1-3 c rye meal equals 1 lb.
- $1\frac{1}{2}$ c rice equals 1 lb.
- 1 pt. wheat equals 1 lb.

Sugar.

- 2 T granulated equals 1 oz.
- 2 c granulated equals 1 lb.
- 2 R T powdered equals 1 oz.
- 2 2-3 c powdered equals 1 lb.
- 2 2-3 brown equals 1 lb.
- $3\frac{1}{2}$ c confectioner's equals 1 lb.

Butter, Fats, Etc.

- 2 T butter equals 1 oz.
- 2 c packed butter equals 1 lb.
- 4 R c chopped suet equals 1 lb.
- 1 pt. salted fat equals 1 lb.
- 1 pt. chopped meat equals 1 lb.

Miscellaneous.

- 2 R T ground coffee equals 1 oz.
- $4\frac{1}{2}$ c ground coffee equals 1 lb.
- 1 square baker's chocolate equals 1 oz.
- $\frac{1}{2}$ c nuts equals 1 oz.
- 1 R c stoned and packed raisins equals 1 lb.
- 9 large, 10 medium eggs equal 1 lb.
- 1 c bread crumbs, packed, equals 4 oz.
- Juice 1 lemon equals 1 T.
- 2 c finely chopped meat is 1 lb.
- 2 c minced vegetables make about 1 lb.

Some Standard Proportions.

- 1 qt. of flour requires—
- 1 heaping tablespoonful shortening for biscuit.
- $\frac{1}{2}$ level teaspoonful salt.
- 4 teaspoonfuls of baking powder.
- 1 pt. of milk for muffins, gems, etc.
- 1 scant quart of milk for batters of all kinds.
- Use 1 teaspoonful of soda to 1 cupful of molasses.
- 1 teaspoonful soda to 1 pint (2 cupfuls) sour milk.
- 1 measure liquid to 3 measures flour for bread.
- Usual proportion is 1 t salt and $\frac{1}{4}$ t pepper to 1 qt. liquid.

APPLIED MEASURES.

(All prices from the Public Market; October 31, 1917.)

Flour and Meals.

- 1 lb. good wheat flour (\$2.75 for 49 lbs.).....\$0.0563
- 1 lb. whole wheat flour (\$2.90 for 49 lbs) 0592
- 1 lb. graham flour (\$2.90 for 49 lbs.) 0592
- 1 lb. corn meal (70c for 9 lbs.) .0778
- 1 lb. oat meal (70c for 9 lbs.) .0778
- 1 lb. rye meal (75c for 10 lbs.) .0750
- 1 lb. bran (50c for 9 lbs.)..... .0556

1 lb. rice flour (Chinese).....	.1500
1 lb. equals 1 qt. of sifted flour.	
1 c flour (4 oz.) costs.....	.0141
1 T flour (¼ oz.) costs.....	.0009
1 t flour costs	.0003
1 c graham	.0148
1 T graham	.0009
1 t graham	.0003
7 T cornstarch (10c lb.).....	.0016
1 t cornstarch	.0005

Fats.

1 lb. butter (50c lb.).....	\$0.5000
1 c butter (2 c to the lb.).....	.2500
1 T butter	.0156
1 t butter	.0032
1 lb. lard	.3000
1 c lard	.1500
1 T lard	.0094
1 t lard	.0031
1 lb. cottolene (95c for 3 lbs. 5 oz.)	.2865
1 oz. cottolene	.0180
1 c cottolene	.1434
1 T cottolene	.0090
1 t cottolene	.0030
1 lb. crisco (85c for 3 lbs. 1 oz.)	.2176
1 oz. crisco	.1074
1 c crisco	.1388
1 T crisco	.0087
1 t crisco	.0029
1 lb. compound (or rendered lard)	.2500
1 c compound	.1250
1 T compound	.0078
1 t compound	.0026
1 qt. Wesson oil (\$1.45 gal.)...	.3625
1 pt. Wesson oil	.1813
1 c Wesson oil	.0906
1 T Wesson oil	.0057
1 t Wesson oil	.0019

Sugar and Molasses.

1 lb. sugar (12 lbs. for \$1)	\$0.0833
1 c sugar	.0417
1 T sugar	.0026
1 t sugar	.0009
1 qt. karo syrup (\$1 per gal.)...	.2500
1 pt. karo syrup	.1250
1 c karo syrup	.0625
1 T karo syrup	.0039
1 t karo syrup	.0013
1 qt. N. O. molasses (10c for 1 3-16 pt. can).....	.1696
1 pt. N. O. molasses	.0848
1 c N. O. molasses	.0424
1 T N. O. molasses	.0027
1 t N. O. molasses	.0009

Salt, Pepper, Seasoning, Etc.

1 lb. salt (4 lbs. for 10c).....	\$0.0250
1 c salt	.0125
1 T salt	.0008
1 t salt	.0003
1 T pepper, black, white or red	.0250
1 t pepper, black, white or red	.0083
1 T celery seed (8 drams 5c)...	.0187
1 t celery seed (1 dram).....	.0062
1 t paprika (2 oz. for 15c).....	.0125
1 oz. mace or nutmeg ground	.0750
1 T mace or nutmeg ground... ..	.0380
1 t mace or nutmeg ground... ..	.0133
1 oz. any other spice (2 oz. 10c)	.0500
1 T any other spice	.0250
1 t any other spice	.0083
1 t sage, thyme, etc	.0083
1 T chili powder (5c oz.).....	.0250
1 t chili powder	.0083
1 T kitchen bouquet (35c 2 oz.)	.0875
1 t kitchen bouquet	.0292
1 c mushrooms (25c lb. or about 3 c).....	.0833

1 T Worcestershire sauce (6 oz. for 15c)	.0125
1 t Worcestershire sauce	.0032
1 c horseradish	.1000
1 T horseradish	.0063
1 t horseradish	.0021
1 oz. mixed mustard (10 c 6 oz.)	.0167
1 T mixed mustard	.0084
1 t mixed mustard	.0023
1 c vinegar (40c gal.).....	.0250
1 T vinegar	.0016
1 t vinegar	.0003
1 oz. lemon extract (2 oz. 35c)	.1750
1 oz. vanilla extract (2 oz. 35c)	.1750
1 T extract (lemon or vanilla)	.0875
1 t extract	.0292

Soda, Baking Powder, Cream Tartar.

1 T soda (10c lb.).....	\$0.0021
1 t soda	.0007
1 T baking powder (50c lb.)...	.0107
1 t baking powder (50c lb.)...	.0036
1 T baking powder (30c lb.)...	.0064
1 t baking powder (30c lb.)...	.0021
1 T cream of tartar (75c lb.)...	.0160
1 t cream of tartar	.0053

Eggs and Milk.

1 dozen cooking eggs.....	\$0.4800
1 dozen strictly fresh.....	.6000
Milk—	
\$3.25 per qt. for mo., per year.	39.0000
1 qt. milk a day (yr. 365 days)	.1070
1 pt. milk(as above).....	.0535
1 c fresh milk	.0268
1 T fresh milk	.0017
1 t fresh milk	.0006
1 c thick cream.....	.2000
1 T thick cream	.0125
1 qt. buttermilk (15c gal.)...	.0375
1 pt. buttermilk	.0188
1 c buttermilk	.0094
1 qt. sour or skim milk (10c gal.)	.0250
1 pt. sour milk.....	.0125
1 c sour milk	.0063

Cheese and Nuts.

Cheese—	Cost.
1 lb. cheese	\$0.3000
1 c grated cheese (¼ lb.).....	.0750
1 T grated cheese	.0047
1 t grated cheese	.0016
Nuts—	
1 lb. nuts (all usual kinds)....	.2500
(1 lb. nuts equals ½ lb shelled nuts; ½ lb. shelled nuts equals 2 c chopped nut meats.)	
1 c chopped nut meats.....	.1250
1 T chopped nut meats.....	.0078
1 t chopped nut meats	.0026

Rice, Macaroni, Etc.

Rice—	
1 lb. rice (broken, 3 lbs. for 25c) or better	.1000
1 c rice (½ lb.)	.0500
1 T rice	.0031
1 t rice	.0010
1 c cooked rice	.0080
1 oz. pearl barley (14 oz. 15c)	.0107
1 c peral barley	.0856
1 T pearl barley	.0054
Macaroni—	
1 lb. macaroni	.1000
1 c macaroni (¼ lb.)	.0250
1 T macaroni	.0016
1 t macaroni	.0005
Tapioca —	
1 lb. tapioca	.1000
1 c tapioca (½ lb.).....	.0500
1 T tapioca	.0031
1 lb. crackers	.1800

1 large soda cracker	.0040
1 loaf bread (home baked)....	.0600
1 c bread crumbs.....	.0150
1 c rolled oats	.0083
1 c cooked corn meal.....	.0143

Miscellaneous.

1 can peas, fine quality, 20 oz.	\$0.2000
1 can peas, ordinary 20 oz.....	.1500
1 can tomatoes, 28 oz.....	.2000
1 can tomatoes, 28 oz.....	.1800
1 compressed yeast cake (6 for 5c)	.0083
1 cake Fleischman's yeast (2 for 5c)	.0250
1 c raisins	.0500
1 lb. apples	.0500
1 apple averages	.0100
1 pt. olives (35 or 40).....	.3000
1 c soup stock (ordinary)....	.0200
1 c soup stock (chicken, etc.)..	.0300
1 pt. loganberry or grape juice.	\$0.2500
1 c loganberry or grape juice..	.1250
1 T grape juice.....	.0078
1 pint canned milk (\$1.55 per dozen 1-lb. cans).....	.1292
1 c canned milk.....	.0646
1 T canned milk.....	.0040
1 pint honey (strained).....	.3500
1 c honey.....	.1750
1 T honey.....	.0109
1 lb. suet.....	.1500
1 c suet.....	.0375
1 T suet.....	.0023
1 lb. Kaola.....	.3600
1 c Kaola.....	.1800
1 T Kaola.....	.0101
1 t Kaola.....	.0034
½ lb. chocolate (1 cake).....	.2500
1 oz. chocolate.....	.0313
1 T chocolate.....	.0157
1 oz. Knox gelatine.....	.1500
1 T Knox gelatine.....	.0750
1 oz. Jello (3½ oz. for 10c)....	.0286

1 T Jello.....	.0143
1 lb. sweet potatoes (6 lbs. for 25c)	.0417

Some Vegetables.

	Lb.	c	Cost.
		T	
Beans, dry....	\$0.1500	\$0.0750	\$0.0047
Cabbage	.0175	.0088	.0006
Carrots	.0300	.0150	.0010
Celery	.06 2-3	.0143	.0009
Garlic	.0500 (per clove,		.0001)
Onion	.03 1-3	.0167	.0010
Parsley	.26 2-3	.0668	.0042
Parsnip	.03 1-3	.0167	.0010
Potatoes	.0200	.0100	.0006
Tomatoes	.0500	.0332	.0111
Turnips	.02½	.0125	.0008

(See Public Market prices for others.)

There are about 8 stalks of celery in a 5c bunch (¾ lb.), so it costs off an average, per stalk, \$0.0063.

Tomatoes are so soft that ¾ of a cupful peeled and cut, weigh ½ lb.

Dry beans weigh 65 lbs. to the bushel (32 qts.), but potatoes, tomatoes and onions weigh 60 lbs.

Cabbage weighs between 1½ and 7 and 8 lbs. per head, and averages about 3½ lbs., of 6c per head at present prices.

Parsley is sold on the market in little bunches (3 oz.) for 5c. It keeps green out doors here all winter. Each home should have its own little bed. If so, do not add the cost of parsley to your recipe.

(The prices of meats and fish are omitted, as the price varies and they are used by the pound.)

AN EXPLANATION OF THE FOLLOWING RECIPES

A few women are afraid of our formal way of expressing our recipes exactly. They never have measured their flour, seasoning, etc., and they hardly feel like beginning new ways now when they do so excellently in their old ways. But the trouble is just here. We are dealing with many young women who have been business girls for years before they were married and perhaps their mothers were before them and all the household ways that we older home women have seen and understood and practiced all our lives are new to them. You say of your bread, etc., and the recipe books say, too, "flour to mix stiff." How does an inexperienced housewife know just what "stiff" is? If they do know they don't need your recipe, for they can use any recipe book if they want something new, but those who need your recipe want to know just how much flour, just how much seasoning, etc., you use. Of course I know all flours are not alike some breads take more than others, etc., but those are fine points that come later, when the recipe is used

often and each housewife learns to adapt it to her own needs. The U. S. government publishes recipes giving definite amounts of each ingredient used, and I believe that is the business-like way in which the new woman will want her recipes in future.

Of course, our prices will not last forever, foodstuffs vary, but that isn't the point. The comparative price will be very much the same and that is what we are after. We can't (that is we women right here alone—can't) change the prices we have to pay for food very much, but our concern must be to find the best and most economical ways of using that food, and I cannot see how we can tell which recipe is really the cheapest and most desirable, unless we work out the cost of all the items as we do here, for price, and then consider the amount of nourishment the ingredients contain, and I do not think it will be at all laborious to work out these results in costs for yourselves, with the foregoing tables.

The Cost of Fuels

I hear people saying everywhere: "Oh, we don't bake our own bread any more. Fuel is so high it doesn't pay." But they don't know just what it will cost them to bake their own bread. No one ever has known. We are getting these figures for you absolutely for the first time they have ever been obtained on a common comparable standard.

The Portland Railway, Light & Power company and the Northwestern Electric company guarantee these figures for electric heat, the Portland Gas & Coke company for gas, and the Holman Fuel company theirs for both slabwood and first-class fir.

First we give the exact figures of the cost of heating a cold six-burner electric range, to the right heat, and baking six loaves of home-made bread in 45 minutes.

Next we give the figures for exactly the same conditions on a gas range.

Then the Holman Fuel company gives us the cost of heating a cold six-griddle stove or range and baking six loaves of home-made bread 45 minutes with slabwood fuel and with the best fir wood. This is a definite, fixed amount of heat (a moderate fire) and can be used as a standard of measure and comparison.

Second, we asked them for the cost of a hot oven fire, taking a biscuit baking fire as our standard here, and third, we asked them for the average cost of a top burner fire, averaging their lowest and highest flame. This it to get a standard comparison. We shall need to know each price later when we figure the cost of cooking on top of our ranges.

FUEL COSTS

The following statements arranged for comparison and reference:

Oven Heat.

Cost to bake not more than 6 loaves of bread at once, for 45 min:

With electricity	\$.0164
With gas	.0220
With fir wood	.0340
With slabwood	.0310

Cost of medium (as for bread) fire per hour:

With electricity	\$.0171
With gas	.0255
With fir wood	.0408
With slabwood	.0300

Cost of hot fire for baking biscuits 15 min. (10 min. to heat oven):

With electricity	\$.0142
With gas	.0190
With fir wood	.0230

Cost of hot (biscuit) fire per hour:

With electricity	\$.0244
With gas	.0470
With wood	.0552

Fuel for Top Burner or Stove.

	Cost
	per hour.
Electricity, average heat.....	\$.0013
Electricity, low	.0006
Electric iron	.0016
Gas, average heat	.0114
Gas, on one-third	.0070
Gas, simmering	.0040
Fir wood	.0408
Slabwood	.0286

(Figure ½ use of wood).

Important Notice.

People using wood fires when sending in recipes hereafter for either baking or using top griddle heat in wood stoves please figure half heat, according to the tables. This time of year, and especially at meal time, you are sure to have a fire in your stove and be cooking something else, any-

way, so it is not fair to ask you to charge your recipe with full heat.

Electricity as a Fuel.

I had many people guess on the cost of baking six loaves of bread electrically and got guesses all the way from 5 cents up; most people guessed about 10 cents. Now you people who say you don't do your own baking any more because fuel is so high, what do you say to these figures. What do you think of 1 64-100 cents for six loaves of bread, or less than 1-3 of a cent per loaf to bake bread?

You may say it can't be done. If so, both the companies would like to demonstrate it to you.

While these figures were being presented this week, we thought it would be more interesting to you than anything else to let each of these people speak for the fuel they represent, giving some factors that enter into a real working comparison of various fuels, other than the absolute cost. Next the Portland Gas & Coke company will present to you the cost of baking and other cooking with gas, under the same given specifications as the electric companies present today, and will also state many other advantages in the use of gas besides price. Those of you who have electric or gas ovens can test them now, and if your figures differ from those given, find out from the companies what is the trouble.

When I think of what may be in store for these big corporations along this line, I am glad that I am only

AUNT PRUDENCE.

This Is the Statement of the Electric Companies.

Electric heat being so standard, the results of two separate tests made by each of the electric companies were the same as given in the following discussion and statement:

Women have long known that electric cooking is cleaner, that it banishes all the dust and ashes of coal and wood, all the soot and fumes of gas. They have known that it makes the kitchen cooler, the air purer, that it is the most convenient way to cook.

It is this knowledge which is rapidly becoming general which has resulted in the installation of thousands of electric ranges in the United States during the past two or three years and which has induced over 3500 power companies to make special cooking rates to attract the business.

Our own city has the distinction of having one of the lowest of these low cooking rates.

Although many of the advantages of electric cooking are widely known, many people still have the idea that electric cooking is expensive. That this is not the case may be learned by asking a range user or by studying the table of costs given below.

To heat to temperature for baking bread, .0036; to bake six loaves of bread 45 minutes, .0128; total cost of baking six loaves of bread, .0164.

To heat to temperature for baking biscuits, .0091; to bake ovenful of biscuits (15 minutes), .0051; total cost of baking oven of biscuits, .0142.

After the first batch of biscuits is baked the temperature of the oven can be maintained at the correct temperature for baking subsequent batches at a cost of .0014 per hour or .0004 per batch.

Cost per hour for 1000-watt burner (medium size): Full, .0025; medium, .0013; low, .0006. Cost per hour for electric iron, .0018.

The electric range and electric iron have done more to lighten the burden of keeping house than any other household appliances that have come into use in recent years. They have done for the housewife what the telephone, typewriter and adding machine have done for the man.

In view of the present war the great saving in foodstuffs made possible by electric cooking ought to interest every housewife.

George G. Bowen, assistant sales manager, Northwestern Electric company.

A Later Letter.

(Today we have a communication from the electric companies, giving you good reasons for the use of electricity as a fuel at this time in particular, and as we are all vitally interested in this question, we print it as sent to us):

Everyone recognizes the fact that we cannot live without cooks. Granting this, does it not seem reasonable that cooks should have the most modern and satisfactory cooking appliances on the market.

The other day two of my neighbors were discussing the use of meats in their homes. Mr. Black remarked that although meat was very high, his family continued to use the customary roast of beef for Sunday dinner, as he now had a means of cooking it, so that he felt he got as much for his money as he did a couple of years ago with cheaper meat and cooking it differently; that is, the shrinkage of the meat was so slight to what it had been. Naturally Mr. Black was anxious for his neighbor, Mr. White, to enjoy the same saving by using this same means of cooking. After some discussion the men decided that the solution of this problem would be to make an actual test, which they did.

Two roasts of the same cut were ordered from the same butcher, both were weighed on the same scales, each weighing 6½ pounds. Immediately upon removing the roasts from the oven, they were again weighed. Mr. Black's roast had only shrunk nine ounces, while Mr. White's had shrunk 24 ounces. This was a saving of 27 cents for Mr. Black on this one roast, and as his family used about four roasts per month, he figured a saving of \$1 per month, at the least on roasts alone.

The fact that Mr. Black's roast had retained so much of the natural juice and flavor of the meat, making it more palatable, caused considerable comment in the serving.

The last scene in the act of "conservation of meat" was described to me a few minutes ago. The Whites are saving money, too, the same as the Blacks, as they are now cooking by the same method as Mr. Black, that is, they "Cook by Wire."

Portland has the distinction of having one of the lowest electric cooking rates in the United States. As a result, there are approximately 500 electric ranges in use in the city at

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the present time, and I venture to say this number will be doubled many times within the next two years.

Prices in nearly all necessities of life, except electric current, are advancing by leaps and bounds every day. Where electricity is generated by water power, it is not necessary to use fuel for cooking, lighting or power purposes, our ships, airplanes and other equipment, which will help our country in winning this world war, warrant us in urging that our coal and wood supplies be conserved by using them, for every pound of unburned coal is saved, but every kilowatt hour of water power unused is wasted.

Every housewife enjoys a clean, light, airy and purely sanitary kitchen, which is made possible for everyone when she cooks by wire, as this fuel substitute does not consume the oxygen in the air, hence there are no by-products of combustion, nor does it require any matches or clean-the powders or constant cleaning of the kitchen walls and woodwork. Think of the time saved in cleaning that may be spent in Red Cross or other club work.

Would you not like to roast your Thanksgiving turkey in an open pan without having to baste it, and have it cooked to a delicious perfection? You can, if you "cook by wire."—Miss Marguerite Fleming, home economist, Northwestern Electric company.

In regard to this fuel question in general I want to say that no question interests us more than that of fuel, and we are glad to have all sides presented.

Of course, wood has been the standard fuel of the human race since the beginning of time. We might say that wood was the basis of civilization, enabling man to emerge from his savage state (living wild on uncooked vegetables and nuts and fruits) and attain to the use of cooked foods, in a warmed and lighted dwelling, and at the present time no fuel is so cheap as wood or coal when we consider its heat for our homes and for our hot-water tanks, at the same time and with the same fire as for cooking. Yet, as Miss Fleming says, it is a waste, not a conservation, of our resources, to use it, and this war may lead directly to a wider use of the manufactured fuels—gas and electricity—on that very account, as well as their cleanliness, and especially the immense saving of women's labor which both give us. It is worth consideration and discussion.

AUNT PRUDENCE.

Gas as a Fuel.

Today we present to you a detailed statement of the general use of gas as a fuel, besides the special figures asked for, all of which I am sure you will find very interesting, as there is no subject that comes right home to every man, woman and child in the city as the cost of fuel does, and will more and more during the duration of this war.

This Is the Statement Prepared by the Gas Company.

Find tabulated cost of operating a gas range in the home under practical conditions, taking for granted that the majority of ranges in use in the average homes are of a standard make and not a cheap, poorly constructed appliance. We know from personal observation that a large per cent of the ranges in use in the city are of a standard make, which means good construction, good insulation and built according to specifications of the National Commercial Gas association, which insures good efficiency and economical operation.

These figures are based on the use of the ordinary gas stove by the ordinary housewife, not on a demonstration by experts under ideal conditions.

Bread Baking.

Bread baking with the 18-inch standard oven (which is the standard today for domestic ranges), in a standard range, baking not over six loaves at a time starting with a cold oven and operating for one hour. Gas consumption for one hour maintaining a temperature for the proper baking of the standard one-pound loaf in 45 minutes is 25½ cubic feet or 2.55 cents. Gas consumption for 45 minutes, the time required to bake a standard one-pound loaf is 22 cubic feet or 2.2 cents. This is based on the operating of both burners full for five minutes before the bread is put into the oven, then turning one burner off when the bread is put in and completing the baking in 45 minutes, making a total of 50 minutes that the gas is on.

To get the adjustment for maintaining the temperature for baking bread, instead of turning both burners down, turn one burner entirely off and leave the other burner on full. It is preferable to leave the back burner on. However, satisfactory results can be obtained by turning both burners one-half off and a great many prefer

that method, to turning one burner entirely out. The only objection to turning both burners half out is that you are not always able to judge whether you are using the proper amount of gas or not. Bread should be left in the oven five minutes after the gas is turned off.

Biscuit Baking.

For biscuit baking it is necessary to use both oven burners full on. Gas consumption for one hour is 47 cubic feet or 4.7 cents. However, for the proper baking of biscuits, it actually requires only 15 minutes for the biscuits to remain in the oven, the oven to be lighted when both burners are on full for 10 minutes before the biscuits are put into the oven, requiring 25 minutes actual operation to properly bake biscuits. This requires a gas consumption of 20 cubic feet or a gross charge of 2 cents, subject to 5 per cent discount.

In a domestic range under practical conditions in the home for the baking of practically everything there are only three heats to be used. One is full on both burners, consuming 47 cubic feet of gas per hour. One is half on both burners reduced or one turned entirely off, consuming 23½ cubic feet of gas per hour, and the third heat is both burners turned very slow or one burner entirely off and the other burner on half, which consumes 11½ cubic feet per hour.

This is the heat that is ordinarily used for the baking of angel food, fruit cake and other forms of loaf cake. Heat number two is used for baking of layer cakes, cookies or loaf bread. Heat number one, both burners full on is used for the baking of biscuits or cornbread.

Satisfactory results can be obtained by starting with a cold oven, but a great many prefer to light the oven five minutes before the food is put into the oven. You can be successful either way.

Operating Top Burners.

There are five burners, including the simmering burner on the top of the standard gas range. There is one giant burner, three ordinary burners and the simmering burner. The giant burner on full will consume 37 cubic feet of gas per hour. This burner should only be used where you have a large vessel that entirely covers the burner and requires extreme fast cooking such as frying in a large vessel or things that require considerable speed. It should be used as little as possible as a majority of the food cooked on top of a range can be cooked on the standard burner that consumes a maximum of 22.8 cubic feet of gas per

hour. There is practically nothing that you cook on the top of a range that requires any of these burners on full during the entire operation. No burner should be left on full any longer than it takes to bring what you have on the stove to the boiling point and should be immediately reduced one-half or some times one-third of its capacity, which is sufficient to maintain a temperature to cook the food.

The simmering burner is the burner that should be used whenever possible and it is possible to use it with good results during every meal. It has a maximum consumption of four cubic feet of gas per hour and is able to keep vegetables, soup, coffee, and a great many things cooked on the top of the stove, boiling sufficiently to prepare same at a minimum expense.

This burner is a burner that should be used, but is one that is a great many times overlooked even by the thrifty housewife. In preparing a meal on the top of a range, the simmering burner is the first one to be put into use. Start the process on the medium-sized burner and transfer it to the simmering burner when it comes to a boil. The medium-sized burners that consume a maximum of 22.8 cubic feet of gas per hour on full should be used, as a rule starting full on and reducing as the food becomes hot. If reduced one-half the consumption would be only 11.4 cubic feet of gas per hour or 1.14 cents. If reduced to one-third, would consume 7.6 cubic feet of gas per hour or 0.07 cents. The giant burner, which has the largest consumption of any of the burners on top, should never be used only as above stated.

Our experience has taught us that the average housewife has never given sufficient thought to the operating of a gas range to obtain the best results. It is one of the articles of the household that is mostly used and as a rule known the least about when it comes to the figuring of cost and the short cuts to economy.

It is surprising to find a condition such as this existing but it is absolutely a fact, that we have known cases where an article on a burner gets to cooking too fast, instead of reducing the flame they move the vessel partially off the burner, leaving the gas on full. That may sound foolish to some but it actually happens in homes in this city.

It is more essential for the housewife to understand thoroughly the operating cost of a gas range than it is for her husband to understand the economical operation of his automobile. The gas range is used as a rule three times a day, 365 days in the year. It is essential and necessary. The automobile is not.

To our knowledge we have never investigated a high bill complaint where cooking alone is involved that the complaint was not due to the lack of knowledge of the operating of a range or carelessness from an economical point of view. It is a known fact that time after time in the average home a vessel of water is set on the stove to heat and the housewife will get busy doing something else around the house or talking to her neighbor out the back door and let the water boil all away.

It is not as a rule the gas that is used that causes the complaint, it is the gas that is wasted.

There is a great deal that could be said in regards to the operating of a gas range but a large majority of the housewives know these things already but have never yet taken the time and the trouble to put what they know to actual use. When they do you will be surprised to find what a difference it will make in the satisfactory preparation of your food in addition to reducing the household expense.

It is not the gas company's desire to have a consumer use all the gas that he can, because invariably that creates a complaint. It is the gas company's desire for you to use only the gas that is necessary to do what you want to do economically.—Mr. S. C. Bratton, commercial manager, Portland Gas & Coke company.

Wood—The Old Reliable Fuel.

Here are the figures of the wood companies, which I know will be of vital interest to every citizen of Portland.

Mr. Holman, of the Holman Fuel company, deserves our thanks and appreciation, as he took the trouble to personally obtain these figures for us. This requires obtaining the weight of the wood used in cooking and in the cord, watching the time needed, etc., and much figuring, which he was very careful to verify. This is absolutely original work and very valuable. This is Mr. Holman's statement:

Fir firewood—One cord dry fir cordwood, 4 feet, 3195 pounds.

Nine pounds best fir to bake biscuits cost .023.

Thirteen pounds best fir to bake six 19-ounce loaves bread, 50 minutes, cost .034.

Fir cordwood at \$8.50 per cord in the basement (present price) stove length.

Wood purchased earlier at less per cord would reduce amount of cost .004 for each \$1.

At the same time bread was baking the top of wood range was available for cooking for 20 persons in addition to having 40 gallons of hot water in the boiler within one hour and 30 minutes, or the full duration of the fire.

Fir slabwood—One cord dry fir slabwood, four foot, weighs 3472 pounds.

Nineteen pounds to bake six 19-ounce loaves bread, 65 minutes, cost .031.

Present price per cord \$5.75 in basement, stove lengths.

Slabwood purchased earlier at less per cord would reduce amount of cost of baking $\frac{1}{2}$ cent for each \$1 on price of wood.

Available facilities for cooking and heating the hot water boilers are the same as in the case of the cordwood. In both cases fire was started in cold stoves, with full draft the entire time.

As Mr. Edlefsen was away and his people extremely busy on that account, they were unable to make personal tests, but obtained figures of fuel used from good cooks of their acquaintance which they believe to be very nearly correct. We are very glad of this estimate, as it all helps us to get an idea of comparisons.

This is the Edlefsen Fuel company's statement:

The average cost for baking six loaves of bread, one hour, with dry fir cordwood at \$7.50 per cord, is .0125.

With dry slabwood at \$5 per cord it is .0116.

With Hiawatha, Wyoming or Washington coal, .0112.

Biscuits—Fir, .0104; slab, .0095; coal, .0094.

The Conservation of Wheat

This is Accomplished in four ways:

- I. By using a part of some meal or grain aside from wheat in making breads and other foods.
- II. By using a part of some cooked substitute in place of part of the wheat in making breads and other foods.
- III. By saving all waste of bread and all other wheat foods.
- IV. By going without bread entirely, using some other food containing similar nourishment in its place.

I. and II. are fully treated and recipes for making bread in this way given in the following pages. We have:

U. S. Government Recipe for No. I. and discussion of methods.

U. S. Government Recipe for No. II. with tables of various cooked substitutes and discussion of methods.

Recipes for making White Bread in all ways.

Recipes for making Whole Wheat Breads.

Recipes for making Graham Breads.

Recipes for making Corn Meal Breads.

Recipes for Oat Meal Breads.

Recipes for Brown Breads.

Recipes for some Special Breads.

III. Under the saving of all waste we have:

The Conservation of Bread Crumbs and Stale Bread.

Hot Cakes made to conserve wheat.

IV. Substitutes for Wheat Flour are: The Cornmeal, Oatmeal and Rice Breads, and the use of Rice and other grains in Porridges. Also the use of Starchy Vegetables in place of part of the bread at meals.

General Food Values

(As a foundation.)

From an official source we learn: "Food has been defined as a well-tasting mixture of food stuff of such a composition that the body is not injured by its use, and of a sufficient quantity to maintain the body in good condition."

Food may be considered under three heads:

1. Value of flavor.
2. Importance of composition.
3. Importance of quantity.

Under the first it is known that the flavor of food, both as to smell and taste, causes the "mouth to water," as we say, which is really the supply of the juices, both in the mouth and in the stomach, which are necessary to the digestion of the food. So that our desire that food be palatable and appetizing is not just a refinement of civilization, but is absolutely necessary to the proper digestion of the food. However, this does not mean that food shall be so elaborately prepared, so highly seasoned, or so artistically decorated and arranged in serving, (as is pictured in most cook books and magazines) that one strong woman's whole time must necessarily be given to preparing the food for an ordinary family.

This is epicureanism, and doesn't seem to me desirable even for rich people who can afford to pay for it. If there were more "plain living and high thinking" among our wealthy classes the world would be immeasurably improved. The real desirable flavor and odor is the simple appetizing taste and smell of a fresh loaf of perfect home-made bread, and no French chef can excel it for real wholesomeness for body and mind.

The second point mentioned, the importance of the composition of our food, we have all studied and read about, but it may be worth while to review it briefly. The main elements of food are protein, carbohydrates and fat, besides water and salts. Protein is the muscle-building food. "It is the characteristic solid constituent of muscle," so one who does much bodily labor needs more of this than those doing different work. In the human body $2\frac{1}{2}$ parts out of every 1000 (on an average) of its protein are daily worn out and renewed, like a building needing one new brick in every 400 to be replaced every day. Protein is the essential constituent of all meats, fish and eggs. It is largely in milk, and, mixed with fat, in cheese. Proteins are also found in all vegetable food, but all the 17 kinds of protein are not found in all vegetables. Thus it requires a much

large amount of vegetables than of the animal foods mentioned, to maintain the body in repair.

The carbohydrates exist in sugars and starches, and their function is to keep the body warm and furnish energy.

The fat has much the same use, and is a bodily savings bank deposit. It is our reserve fund laid up for use in case of sickness, just as truly as you keep an emergency fund in the bank. So those men and women of middle age think wrongly who deplore their tendency to lay on surplus fat, because it is not present in youth, when health and vitality are high and there is not much need of reserve funds of any kind. Of course, like all good things, this can be carried to excess, and "nobody loves a fat man" for the same reason that nobody loves a miser—too much hoarding isn't admirable. However, dear ladies who are nice and round and comfortable, do be satisfied, and not strive any harder to reduce your flesh than your bank account.

In regard to the importance of the quantity of food taken, the bulletin says that many people do not eat enough to properly nourish their body. That many well-meaning doctors put illy nourished patients, and babies, on such a restricted diet that they are slowly starved to death. Food in sufficient quantity is just as necessary to maintain life as fuel is to the running of machinery.

In this connection we will give our

Conditions of Judging Contests.

A copy of these conditions were sent to each judge and were used for all recipes in this book.

Thirty per cent, or .3 of the value of your recipes will be in its economy; 30 per cent, or .3, of the value will be in its food value, from a real nourishing body-building standpoint; and only 40 per cent, or .4—less than half—will be the value of the taste, looks, etc., the very things that have been and are now very generally the sole determining factor in all other contests and columns of printed recipes. Our contests will be largely decided by economy, viz., economy of money and materials, especially in making use of all the culls that are usually thrown away, and economy of time, in shorter and simpler ways of doing things. The element of palatability will be largely with reference to variety, the invention of new seasonings and flavors to give relish through variety to the staple foods that we must use so often. But we women must wake up to the fact that

our country is at war; that our government asks us to practice economy without sacrifice of the proper nourishment of our families, and that we have, in consequence, to revise all our

old standards of living that served us in peace times; and the very reason The Telegram started this new department of the paper is to help you to do this.

Bread Making

Here are some gleanings from a United States department of agriculture bulletin, which seem to me very valuable:

The necessary materials for making bread are flour, water, yeast and salt. Sometimes a little sugar or fat is added, and milk substituted for water. These substitutes contribute somewhat to the nutritive value of the bread, but are used in such small amounts that they are much less important than the flour. The food value of a pound of bread is, therefore, not far different from that of the flour used in making it.

To make a one-pound loaf of bread requires about two-thirds of a pound—or 11 ounces—of wheat flour, and it contains:

$\frac{1}{2}$ pound of starch, which serves as fuel.

$1\frac{1}{2}$ ounces of protein, which is fuel and builds and repairs the body also.

1 ounce of water.

The small remaining portion contains fat and sugar, serving chiefly as fuel; cellulose in whole-wheat, etc., bread, giving bulk and preventing constipation; mineral substances which make bones and teeth and have other uses, and some other valuable substances which are just becoming known.

Bread of any kind is not a complete food for supplying all needs of the human body. It supplies too much fuel in proportion to the body-building material. Therefore, more protein must be taken with bread to make a balanced ration, but bread is the most valuable single food produced.

Wheat Conservation Bread Making.

(Government Recipes.)

The United States government urges us to give a quarter of our bread to the hungry people in Europe, who are fighting our battles, as well as their own, by reducing our consumption of wheat by about one-fourth.

To do this, instead of using all-wheat flour in making bread, we must use three-fourths of the usual amount of wheat flour and substitute one-fourth the amount of some other kind of flour or other ingredient.

Two methods are recommended.

The first is to make bread by what is called the "short or straight dough" process, in which all the substitutes used for wheat flour are uncooked, such as cornmeal, rice meal, etc. The quantities given make four loaves; to make less or more loaves decrease or increase the amounts of each ingredient, accordingly. Use any amount of the substitute up to one-fourth of the total amount of flour ordinarily used. A 10 per cent mixture of cornmeal and oatmeal would probably be best at first, till you were accustomed to it, but the addition of one-quarter rye flour or barley flour makes a bread that you can hardly tell from white flour bread. The proportion of the other ingredients is the same in all cases, with the exception that some of the mixtures will be found to require more water than others. In general, bread made with any of these substitutes requires only about two-thirds as long time to ferment in the pan as ordinary bread, while the baking should be a little slower and longer. They must be very well baked to keep as well as the all-wheat bread.

Every woman is urged by the government to use that substitute which is cheapest and most plentiful in her own locality. Corn is a nearly universal crop, and for years we have been urged to eat more cornmeal for our health's sake; now it is even more strongly advocated as a measure of national conservation. Bread made of one-fourth rye or barley flour is attractive and wholesome.

Bran bread is used as a body regulator for constipation, and should not be used regularly, but only when needed as a medicine. You can purchase bran at a feed store and sterilize it at home by placing it in your oven with the door open, for half an hour with a moderate fire. It is much cheaper this way.

The first U. S. government recipes for bread are figured out in two ways: First, using half milk and half water and sugar and lard, in the first estimate, all of which the government bulletin says is simply a matter of taste and which most of the good bread makers condemn. In this first recipe we find the bread costs 7½ cents per loaf. Second: In the second reckoning of the recipe

we left out the milk, sugar and lard, and found our cost reduced exactly 2½ cents, or the bread costing 5½ cents per loaf. Please notice that the omission of the milk, sugar and lard reduces the price of one loaf 2½ cents. So we find that it is not the variations in the price of flour, or the high cost of fuel that makes our home-made loaf of bread expensive, but it is the ingredients we put in it that are not wholesome or economical, but only please an acquired appetite. Mrs. Rorer, in her new cook book, says: "To make good, whole-

some, sweet bread, do not use such materials as lard, butter or sugar. Sugar may be added if the yeast is poor to help its action, but lard and butter retard the action of yeast and prevent the bread from being sweet and wholesome."

"Save the Fats and Sugar."

In our work, the cheaper loaf, of the same food value and general attractiveness, will be counted as better than the more expensive one containing various palatable additions.

BREAD MAKING

U. S. Government Recipe—First Method.

	First way costs	Second way costs
1 pint of milk	\$0.0535	\$
1 pint of water	.0000	
2 cakes dry yeast	.0166	.0166
1½ T salt	.0012	.0012
¼ c sugar	.0104	
¾ c lard	.0375	
3 q sifted flour (3 lbs.)	.1683	.1683
Gas for baking 50 min.	.0224	.0224

Total cost 4 loaves. \$0.3099 \$0.2085

Cost 1 loaf \$0.0775 \$0.0521
or 7¼ cents each or 5¼ cents each.

In the above recipe we are asked to use one-fourth meal or flour of some other kind than wheat in place of all wheat flour.

Short or straight dough process. Four loaves: One quart of lukewarm milk, water, or a mixture of the two, and two cakes of compressed or dry yeast, or three cupfuls of lukewarm milk, water, or a mixture of the two, and one cupful of liquid yeast. To either yeast mixture add one and a half tablespoonfuls of salt, one cupful of sugar, quarter cupful or less of fat, if used, and three quarts of sifted flour. If dry yeast is used the sponge must be set to rise overnight, adding the other ingredients in the morning.

Boil the water or scald the milk. Put the sugar and salt (and fat if used) into a mixing bowl. Pour the hot liquid over it and allow it to become lukewarm. Mix the yeast with a little of the lukewarm liquid and add it to the rest of the liquid. If convenient set this aside in a warm place—not over 86 degrees Fahrenheit—for one hour; if not convenient to set it aside add the flour at once, putting in a little at a time and kneading until the dough is of such consistency that it sticks to neither the bowl nor the hands. This requires about 10 minutes. Cover, and allow to rise for an hour and three-

quarters at a temperature of 86 degrees Fahrenheit; it may be better to set it at a lower temperature, but the lower the temperature, the longer the time required for the rising. Cut down the dough from the sides of the bowl; grease the hands slightly; knead the dough a little, shape into loaves, place in pans and set aside to rise again for one hour, or until a light touch will make a dent. With good bread flour this happens when the dough reaches the top of the pans. Bake for 50 minutes.

U. S. Government Recipe—Second Method.

For making bread with boiled cornmeal, rice, oatmeal or potatoes, four one-pound loaves:

	Cost
3 lbs. cooked and mashed potatoes or other substitute	\$0.0600
2½ lbs. of bread flour	.1407
1½ level t salt	.0012
3 level T sugar	.0078
2 cakes compressed or dry yeast	.0166
4 T water	.0000
Gas to bake	.0220

Cost of four loaves \$0.2483

For one loaf, 6¼ cents.

Boil very soft, without peeling, 12 potatoes of medium size. Pour off the water, peel and thoroughly mash the potatoes while hot. Take three pounds, or five solidly packed half-pint cupfuls, of mashed potato and, when at the temperature of lukewarm water, add to it the yeast rubbed smooth with three tablespoonfuls of lukewarm water. With another tablespoonful of water rinse the cup in which the yeast was mixed and add to the potato. Next add the salt, the sugar and about four ounces, or one scant half pint, of sifted flour. Mix thoroughly with the hand, but do not add any more water at this stage. Let this mixture become very

light, which should take about two hours if the sponge is at a temperature of about 86 degrees Fahrenheit. To this well-risen sponge add the remainder of the flour, thoroughly kneading until a smooth and elastic dough has been formed. The dough must be very stiff, since the boiled potato contains a large amount of water, which causes the dough to soften as it ferments. Add no more water unless it is absolutely necessary. Set back to rise until it has trebled in volume, which will require another hour or two. Divide the dough into four parts, mold them separately and place them in greased pans slightly warmed. Allow the loaves to rise until double in volume and bake for 45 minutes.

Corn Meal.

1 lb. dry corn meal (9 lbs. for 70 cents)	.0778
1 c dry corn meal (2½ cups in lb.)	.0283
1 c dry corn meal, ½ t salt, and 2 c water	.0286
and makes 2 c corn meal mush, so	
1 c corn meal mush costs.....	.0143

Rolled Oats.

1 lb. dry rolled oats (9 lbs. for 70 cents)	.0778
1 c dry rolled oats (1 lb. equals 4¼ c)	.0164
1 c dry rolled oats, ½ t salt, 2 c water	.0167
and makes 2 c cooked oatmeal, so—	
1 c cooked oatmeal (½ lb.) costs	.0083

Rice.

1 lb. dry rice (11 lbs. for \$1, part broken)	.0909
1 c dry rice (weight nearly ½ lb.)	.0454
1 c dry rice, 1 t salt, 4 c water	.0454
and makes 4 c cooked rice, so—	
1 c cooker rice (weigh ½ lb.)	.0114

Potatoes.

1 lb. raw potatoes (10 lbs for 25 cents)	.0200
4 medium potatoes (weight 1 lb.)	.0200
and cooked with water, drained and mashed (weight 1 lb.) and make 1¼ cupfuls, so—	
1 c mashed potatoes (weight about ½ lb.)	.0116
So we see in bread substitutes—	
3 lbs. cooked corn meal	.0429
3 lbs. cooked oatmeal	.0408
3 lbs. cooked rice	.0552
3 lbs. cooked potatoes	.0600

This 3 lbs. cooked material takes the place in the government recipe of ¼ lb. flour, costing \$0.0423. So we see that oatmeal is the only substitute which is cheaper than flour while cooked corn meal costs about the same.

Food Values.

Showing the quantity of nitrogenous, and carbonaceous elements in 100 parts of some common foods.

	Nitrogen	Carbon
Hard wheat	3.00	41.00
Soft wheat	1.81	39.00
Flour, white	1.64	38.50
Oatmeal	1.95	44.00
Rye flour	1.75	41.00
Rice	1.80	41.00
Potatoes	.33	11.00
Barley	1.90	40.00
Bread, common home-made	1.20	30.00
Indian corn	1.70	44.00
Eggs	1.90	13.50
Milk (cow's)	.66	8.00

From this table it appears that our oatmeal and corn meal, which we found the only cheap substitutes to use for wheat, are both richer in carbon than wheat, though not so rich in protein, but both are far superior in food value to potatoes.

Small potatoes, which are sometimes recommended for use, are not mealy, and do not make good bread.

SOME ALL-WESTERN RECIPES

Basis of Our Work.—This is not an ordinary baking contest; it is a strictly wartime economy contest for the purpose of giving an opportunity to the women who are wise and experienced housekeepers, and know these things, and have enough unselfishness and patriotism to want to help others. The idea of doing your bit in this most vital factor of our national life at this time is an incentive that I know appealed to you as the great prize.

Please understand that it had to be a reasonably priced loaf, or at a reasonable price per dozen, to win any prize in our contests.

For centuries, I suppose, the prizes have been given for appearance and taste only, but our work is an inno-

vation. The recipe must show good food value, and it must be reasonably priced, or all the judges' decisions on the looks and taste of the product did not give the prize.

The raisins, lard, eggs, etc., run up the cost. We experimented to see how good things we could bake and yet keep down the cost.

Do you know some people are really ashamed of not being wasteful! I never realized that any one could feel that way before. I thought it was just that they didn't know how to be economical. "Poor things! They have not been brought up right and taught economy." But it is coming to me often now that women of limited means are really ashamed to sign their names to economical

recipes, as they hate to have people see how cheaply they cook. Well, now, that certainly amazes me. I've been so proud of all my economies, always, which were drilled into me from my infancy up. It was always a crime in my mother's household to waste anything at all of any kind that "some one else might use." She saved so as to have more to give—always—with no such incentive then as we have now in this awful war. I have heard her say hundreds of times, that there was one motto that should be framed and hung in every kitchen, and that was Jesus' own words of direct command (upon which I have never heard a sermon preached—why?), when he said: "Gather up the fragments that remain, that nothing be lost."

How did it ever come to be stylish to waste and throw away, anyway? Won't some of you who feel that you like to have people think of you as lavish in all your expenditures, please write and tell me just why you feel that way? I can't understand your point of view.

WHITE BREADS.

First Prize.

Won by Mrs. C. E. Stout, 1456 Madrona street (Woodlawn), Portland.

Here is her recipe, which she says always makes good bread:

White Bread.

	Cost
2 Magic yeast cakes	\$0.0166
4 large potatoes	.0200
1 T salt	.0008
2 T shortening	.0176
2 T sugar	.0052
9½ quarts of flour	.5348
Fuel, wood, 45 minutes	.0340

Cost of 11 loaves\$0.6290

Cost per loaf, 5 2-3 cents.

In the evening put to soak 2 Magic yeast cakes in 4 tablespoonfuls of water. Boil 4 large potatoes, mash fine, use your potato water and enough other water to make 2 quarts. Put your potatoes and water and 1 tablespoonful of salt, 2 tablespoonfuls of shortening, 2 tablespoonfuls of sugar all together. Stir in 2 quarts of flour and let it set over night. This will be light in the morning. Now mix in enough flour to make a firm smooth dough that will not stick to the board. This will take about 9½ quarts of flour altogether. Set in a warm place and let rise 1½ hours, punch down and let rise again until three times its size. Knead

lightly and mold into loaves; let rise until a little more than double in size and bake.—Mrs. C. E. Stout.

First Prize.

Won by Mrs. M. B. Rees.

Salt Rising Bread.

	Cost
½ c corn meal	\$0.0142
½ c sweet milk	.0134
Rising	\$0.0276
4½ qts. flour	.2533
2 t salt	.0006
1 t sugar	.0009
1 c milk at 11c per qt.	.0275
Fuel, gas	.0220

Cost of 6 loaves\$0.3319
Cost of 1 loaf, 5½c.

The evening before baking scald two heaping tablespoonfuls of corn meal with half a cup of hot milk, making a thin batter, then add more corn meal (not scalded) to make as thick as mush. Cover closely and keep in a warm place over night. In the morning put one cup of milk in a one-gallon stone jar or large pitcher, add one teaspoonful of sugar and one teaspoonful of salt. Scald this with three cups of water heated to the boiling point. Reduce to a temperature of 103 degrees with cold water, about two cups, using a thermometer to be sure. Then add flour and mix to a good batter, after which add the light corn meal. Beat well, cover the jar and put in a large kettle of water at a temperature of 103 degrees until the sponge rises, two or three hours. It should rise at least 1½ inches. All flour to make a stiff dough, make into loaves and put in pans to rise, greasing them well on top. When quite light, bake about one hour. Do not let warmth get out of dough while working it. If less bread is wanted cool the scalded milk by setting it in a pan of cold water, having only the four cups of liquid, and allow about three cups of flour to a loaf.—Mrs. William Rees, 268 East Fiftieth street, city.

Honorable Mention.

Here is the recipe by Mrs. J. A. Van Groos, which was second choice:

White Flour Bread.

	Cost
1 cake yeast, compressed	\$0.0250
8 lbs. Olympic flour	.4504
8 cups lukewarm water	.0000
1 tablespoonful of salt	.0008
3 level tablespoonfuls of sugar	.0078
2 oz. of potatoes, mashed fine	.0024
2 tablespoonfuls lard.....	.0188
Fuel, gas, 45 minutes	.0220

Total for 10 pounds bread...\$0.5272

The Associated Press—the Most Reliable News

For one 1-pound loaf, 5½ cents.
Cook the potatoes and mash fine. Save the potato water and add enough lukewarm water to make the 8 teacupfuls; add salt, sugar and potatoes; mix thoroughly and add the yeast cake broken in small pieces. Then add flour to make a stiff dough; let rise over night, or from 8 to 9 hours. Then make out the loaves, turn them over in the warmed lard in the pans. Let them rise in warm place about 1¼ hours, or until they have doubled their bulk. Bake in moderate oven about 45 minutes. Take out of pans and grease them over with lard.—Mrs. J. A. Van Groos, 1247 Cleveland avenue, city.

Vienna Rolls—Third Prize.

	Cost
2½ c flour	\$.0352
1 cake Fleischman yeast	.0250
1 T lard	.0156
1½ t sugar	.0013
2 eggs	.0800
½ pt. water and milk, equal parts	.0134
Wood for 25 minutes	.0230

For 14 rolls.....\$.1901
Cost per dozen, 13½ cents.

Make sponge with yeast and half of the flour. Beat well, add eggs, lard and sugar. May need a little more flour. Beat again, mix in the rest of the flour and knead well. Let rise until double in bulk. Take out and roll out small pieces. Bake 25 minutes.—Mrs. L. Hughson, Beaverton, Or.

Wheat Bread.

Margaret E. Hart, 769 Third street, Portland, sends the following recipes for yeast and bread:

Liquid yeast—

	Cost
2 quarts boiling water.....	\$.0000
2 tablespoonfuls hops.....	.0030
2 tablespoonfuls sugar.....	.0052
1 tablespoonful salt.....	.0008
1 tablespoonful flour.....	.0009
1½ lbs. potato.....	.0300
1 cake Magic yeast.....	.0100
Slabwood fuel, cost, making yeast	.0100

Cost

Cost

To make the yeast pour the boiling water over the hops and steep for 20 minutes. Peel potatoes and boil until very soft, then mash while hot. Stir well together in a mixing bowl or stone crock the sugar, flour and salt, add the strained hop water (there will be about 3 pints), boiling hot, the mashed potatoes and beat well. Have the yeast cake soaking in ½ pint tepid water and stir into the potato mixture when it has cooled to lukewarm. Set in a warm place to raise for about 10 hours, then keep in a cool place for future use.

Bread.

	Cost
1 pint warm water, ½ pint sweet milk	\$.0267
Or 1 pint sour milk and ½ pint warm water may be used...	.0125
2 tablespoonfuls sugar.....	.0052
4 tablespoonfuls lard.....	.0376
2 teaspoonfuls salt.....	.0006
4 quarts (or 4 lbs.) flour.....	.2252
½ pint liquid yeast.....	.0117
Fuel—for baking 7 1-lb. loaves (slabwood)	.0310

Cost

Scald the milk, sweet or sour. Whichever you use, add the sugar and lard. Remove from the fire and add the warm water; let stand until lukewarm, add the ½ pint of liquid yeast and enough flour to make a stiff sponge, beat hard until smooth, cover and set in a warm place to raise. When light, which will be in about two hours, add salt and turn into a mixing pan containing the remaining flour, stir with a spoon until real stiff, then mix with the hands to a smooth, elastic dough that will not stick to the hands or the bottom of the mixing pan. Cover, and set in a warm place to raise. When light, mold and set to raise again. When light, which will be very soon, mold into small loaves, place in well greased pans and when light bake 45 minutes in an oven that is real hot at first. Reduce the heat when loaves start to brown.

The above recipe makes seven 1-lb. loaves of bread at a cost of \$.03348, or \$.0478 per loaf.—Margaret E. Hart.

White Bread.

Mrs. A. Lindberg, Rex, Or., sends this recipe:

	Cost
½ pint milk.....	\$.0267
4 c flour.....	.0564
½ cake yeast.....	.0042
1 T butter.....	.0156
1 t sugar.....	.0009
½ t salt.....	.0001
1 medium sized potato.....	.0050
¼ c water.....	.0000
Gas for baking 45 minutes....	.0220

Cost for one loaf.....\$.1309

Way of preparing white bread: Scald milk and water. While scalding hot pour over butter, sugar and salt. Dissolve the yeast in 2 tablespoonfuls warm water. When the milk has cooled to lukewarm add yeast and 2 cupfuls flour. Mix thoroughly, cover and set to raise. When light and frothy add the rest of the flour. Knead the dough 15 minutes, let rise until twice its size, put in greased pans and let rise again to reach twice

its size. Place in oven and bake 45 minutes.

For potato bread add the potato mashed fine to the yeast. Drain potato dry before mashing after boiling.

Quick-Method Bread.

Mrs. Stevenson, Gresham, Or., route 3, box 161, sends this recipe:

	Cost
1 quart warm water.....	\$0.0000
2 cakes compressed yeast at 2c	.0400
1½ T salt at .0008.....	.0012
¼ c sugar at .0415.....	.0104
¾ c lard at 15c per cup.....	.0563
3 lbs. flour at .0563.....	.1689
Gas, 45 minues.....	.0220

Four 1-lb. loaves cost.....\$0.2988

One loaf costs 61-3 cents.

This sponge can be let stand over night, making then nine loaves with the one yeast cake.

Bread and Yeast.

Mrs. F. N. Taylor, 5511 Fifty-second avenue S. E., sends us these recipes:

	Cost
For yeast at first—	Cost.
Potato water, 1 quart.....	\$0.0000
2 T sugar.....	.0052
2 T salt.....	.0016
1 yeast cake.....	.0083

First cost for 1 quart.....\$0.0151

	Cost.
For yeast afterwards—	
1 cup yeast above.....	\$0.0038
2 T sugar.....	.0052
2 T salt.....	.0016
1 quart potato water.....	.0000

Usual cost of yeast.....\$0.0106

I use liquid yeast, saving a starter each time I bake. To this add 1 quart of potato water (saved from potatoes cooked for the table), 2 tablespoonfuls sugar, 2 tablespoonfuls salt. Make yeast for 4 loaves of bread at a cost of \$0.0106. The cheapest, most convenient and economical yeast I know of.

White Bread.

	Cost.
2½ c flour.....	\$0.0353
1 c yeast.....	.0027
Bake with gas.....	.0220

Total cost 1 loaf.....\$0.0600

Stir in ½ of flour in yeast, beat well, mix in rest of flour and knead well. Let rise until light or about 2 hours. Put in pan, let rise 1 hour and bake 45 minutes.—Mrs. F. N. Taylor.

Wheat Bread.

Mrs. C. E. Banister, North Plains, Or., sends this recipe:

	Cost
1-5 yeast cake.....	\$0.0017
1 lb. flour.....	.0602
2-5 T sugar.....	.0010
2-5 T lard.....	.0032
1-3 t salt.....	.0001
Gas, 45 minutes.....	.0220

1 loaf of wheat bread costs.....\$0.0882

Soak one-fifth of a yeast cake in one-quarter cup lukewarm water until soft; add one-fifth pound of flour to make a soft sponge. Let rise over night, then add one-quarter cup lukewarm water, two-thirds tablespoonful sugar, two-fifths tablespoonful lard, one-third tablespoonful salt and the rest of the flour to make a stiff dough. Let rise, knead out into a loaf, bake 45 minutes to one hour in moderate oven; warm flour before mixing.

Three-Hour Yeast.

	Cost
1 c flour.....	\$0.0141
2-3 c sugar.....	.0278
3 T salt.....	.0024
3 yeast cakes.....	.0249
3 qts. boiled mashed potatoes..	.2004

Nearly 1 gallon yeast.....\$0.2696

One qt. yeast costs about \$0.07.

	Cost
1 qt. yeast as above.....	\$0.0700
6 lbs. flour.....	.3378
Wood fire, 1 hour.....	.0408

Six loaves of bread.....\$0.4486

Or one loaf costs about 7½ cents, the extra cost being in the potatoes.

Take cup flour, two-thirds cup sugar, three tablespoonfuls salt, one pint boiling water. When cool add boiled mashed potatoes and three quarts water. Mix all together and put in a warm place to rise in a one-gallon stone jar. This will be ready to use the next day.

One quart of this yeast, one quart water and six pounds flour will make six loaves of bread. Mix in a hard loaf and when light put in tins. Let rise and bake one hour.

Keep the remainder of yeast in a cool place till the next baking.—Mrs. I. A. Macrum, 817 Sherman avenue, Hood River, Or.

White Bread.

Mrs. C. G. Compland, Estacada, Or., sent us the following recipe for one loaf of white bread:

	Cost
¼ yeast cake.....	\$0.0021
1 medium potato (¼ lb.).....	.0050
¼ t salt.....	.0001
1 T sugar.....	.0026
1 T lard.....	.0094
½ c flour.....	.0070
1 quart flour.....	.0563
Wood fire, 40 minutes.....	.0272

Baking 4 loaves at once, one loaf bread costs.....\$0.1097
¼ square of Magic yeast cake, 1 medium potato boiled and mashed, add cup boiling water, ¼ teaspoon salt, 1 tablespoon sugar, 1 tablespoon lard, ½ cup flour. Mix altogether and beat until very light. Set in warm place to rise over night. Next morning sift 1 quart flour in bread pan; warm and turn in the yeast and work; if not

quite stiff enough add a little more flour by degrees; knead and work until the dough feels velvety, then turn on molding board and work until the dough has blubbers, then put back in pan and let rise about 30 minutes; turn onto the molding board and work five minutes; place in well greased baking pan, grease the loaf on top and put in warm place to rise until as large again. Have moderately hot oven and bake 40 minutes.

White Bread.

Over-night method.

	Cost
1 cake yeast	\$0.0250
2 T sugar	.0052
2 T lard, melted	.0078
6 quarts sifted flour.....	.3378
2 T salt	.0016
Wood fuel, 1 hour	.0408

Cost of 6 loaves.....\$0.4182

Cost per loaf, about 7 cents.

One cake Fleischmann's yeast in two quarts water, 2 tablespoons sugar, 2 quarts sifted flour and 2 tablespoons salt. Use part potato water and some mashed potatoes if a richer bread is desired. Put in about $\frac{1}{2}$ the flour, beat until smooth, then add the balance of the flour, or enough to make a firm dough. Knead until smooth and elastic. Place in a well-greased dish and cover. Set aside to rise over night, or about nine hours. This will make six loaves. In the morning put in tins, raise and bake one hour.—Mrs. J. A. Macrum, Hood River, Or.

Perpetual Yeast Bread.

Mrs. Welch says: Herewith are my standby recipes. The bread is far better than made with yeast cake, and the buns, muffins and cakes raised with the perpetual yeast have a deliciousness all their own:

Yeast.

A two-quart preserving can is best to start and keep this in. Dissolve a compressed yeast cake in one-fourth cup of lukewarm potato water (that is the water in which potatoes for dinner were cooked.) Put in the can one pint of potato water and half a cup of sugar. When this is dissolved add the dissolved yeast, stir well and set in a warm place, but where it will not be heated perceptibly. Be sure not to cover till the whole is very light. Seal and set away till the day before you are ready to bake; then

add another pint of lukewarm potato water and one-half cupful of sugar. Again let it rise till very light. Beat the yeast before using. After taking out for bread again seal and set away till the day before needed.

Keep yeast very cool. If it gets sour you must begin again.

Cost of yeast (less after first using): Cost

1 yeast cake	\$0.0083
1 c sugar	.0417

Total\$0.0500

Bread.

Cost of bread (four loaves):

Yeast, as above	\$0.0250
1 T salt	.0008
3 qts. flour	.1689
Gas	.0222

For four loaves.....\$0.2169

Cost per loaf, \$0.057.

Half of yeast in can; enough warm water added to make one quart; one tablespoonful salt; three quarts flour. Make the bread at once, kneading thoroughly. Let rise till double in bulk, and shape into four loaves. Let rise again and bake 45 minutes.—Mrs. Lulu M. Welch, 1257 East Lincoln street, city.

White Bread.

(Another perpetual yeast recipe.)

	Cost
1.—Yeast.....	
2 c mashed potatoes	\$0.0232
1 t salt	.0003
1T sugar	.0026
1½ cakes yeast foam	.0124

Cost of starter yeast for four

bakings	\$0.0356
Starter yeast for each baking..	.0088
½ c potatoes	.0050
1 t salt	.0003
1 T sugar	.0026

Yeast for each baking\$0.0438

Soak yeast cakes in $\frac{1}{2}$ c lukewarm water until they will break up—about 15 minutes. In the meantime, take potatoes and stir in enough potato water to make it about the consistency of a cake dough, add salt and sugar and stir well. Set aside till partly cool, when lukewarm add the water in which the yeast cakes have been dissolved, stir and set aside in a moderately warm place. This yeast will be ready to use in 48 hours, and can be used in 24 hours, though not so successfully. When making the bread, leave about a cupful of yeast for a "starter"; in this way the yeast cakes are used only when starting new yeast—about every three or four weeks it is necessary to do it, the yeast gets old and so doesn't make such good bread. Renew or add to the yeast at least ever day or oftener if necessary—this is important. In doing this it is not necessary to use

the 2 cups of potatoes, a half cup or a cup will be sufficient unless bread is made very often. Proceed in the same way as before; add potato water to potatoes and add nearly the full amount of sugar and salt, even if only a cup is used. Then when lukewarm add to "starter." I have found that if it is not done too often, it will keep the yeast fresh to just stir in 1 teaspoonful salt and 1 tablespoonful sugar. That keeps the yeast "working," but I do not do it unless I have plenty of yeast for baking and so do not want to add more potatoes. The secret of this bread is in the yeast, it must be kept fresh and "working" nearly all of the time.

Yeast, as given above	Cost
2½ quarts flour	\$.0109
1 R T salt	.1407
Fir wood, 45 min.	.0016
	.0286

Cost of 3 loaves bread\$.01818
Or \$.0602 per 16 oz. loaf.

To make bread.—Add 1 c water to 1 pint of yeast and gradually stir in enough flour to make a batter that will just drop from a spoon. Stir well and set in a moderately warm place to raise until there are many little bubbles on top of the sponge—about 45 minutes. Then stir 1 c water in sponge, add salt, and enough flour to make a firm dough. Knead well for five minutes and again set aside to raise in a moderately warm place. Leave it until it is light; my method of testing it is to punch my finger in the dough; if it is elastic and starts to fill up the hole made, it is ready to make into loaves. It will take from 45 minutes to an hour to do this. Then make out into three equal-sized loaves and let raise until nearly double the size—about 45 minutes. Bake in a moderate oven 45 minutes. In making six loaves of bread, it would not be necessary to add much more yeast (three cups would be plenty), but add more water. This is good bread, the beauty of it for me is that it takes such a short time to make it—only three or four hours from start to finish, an experienced bread baker can do it in three easily. It must be watched carefully, for it works fast and will not be good if let raise too long. The exact proportions of yeast and water are not so important as the way it is made. I use wood or kerosene stove in baking. I am not certain of the exact amount of flour used, but it is 2½ quarts, I think.

This is a tested and tried recipe, as it has been used by one person for 12 or 15 years.—Mrs. Fred Newton, Colfax, Cal.

White Bread With Soft Flour.

	Cost
1½ cakes of yeast	\$.0125
1-3 c sugar	.0139
7 lbs. of flour	.3941
1 oz. of Crisco	.0163
1 oz. salt (4 T)	.0032
½ lb. potatoes	.0050
Fir wood, 45 minutes	.0408

Ten loaves for......4538
Or 4½ cents per loaf.

Recipe for the cheaper grades of white flour, not hard wheat. My flour cost \$2.75 per sack.

Cook three medium-sized potatoes in a half-gallon of water till potatoes are soft. Drain off the water into another vessel and mash potatoes well. Add 1-3 cup of sugar to the mashed potatoes and stir smooth, then add the potato water and set aside to cool. Soak 1½ cakes yeast in ½ cup of warm water till soft. When potato water is cool add the yeast cakes, stir well and set aside till you are ready to make sponge. I make my potato water while cooking dinner, and leave it till after supper, then add enough flour to make a sponge, stirring and beating well. Then just before retiring I put remainder of flour in a dish pan or some large vessel, and add 1 ounce of salt, 1 ounce of Crisco and work salt and Crisco into the flour very thoroughly. Then I add my sponge, which is by that time light. I mix with a spoon until too stiff to work, then use my hands. I make it rather stiff and work it till it runs all together, then take out of pan and work on the board till nice and spongy. Put back in the pan, grease top well and let set till morning. It is then light enough to put out on the board and work good again. It should not have to have any more flour added unless it sticks to the board, which mine seldom does. I then make out into 1-pound loaves and set aside about one hour and it is ready to bake.

Bake 45 minutes in a moderately hot oven, covering with paper to keep from getting too brown. This makes ten 1-pound loaves of delicious bread.

I see many recipes in The Evening Telegram, but none for the cheaper grades of flour. I use the cheaper grades and make just as nice bread as the hard wheat flour, so may be this will help some one else.—Mrs. E. V. Mills, 1527 Center street, Salem, Or.

In regard to the soft flours—Mrs. Rorer says in her New Cook Book:

"With our present system of milling

Read The Telegram Market Page for Reliable
Quotations

we are enabled to get from the hard spring wheat more gluten, muscle-building foods, than can be obtained from the soft winter wheats. As the price of flour is determined by the amount of gluten it contains, spring wheat flour is more expensive than the softer winter wheat flour. In the end, however, spring wheat is cheaper, as a given weight produces a greater quantity of bread. It holds more water and requires different handling, but makes bread-making quite easy compared to the old soft flours. Most of the better grades of bread flours in common use are blended spring and winter, and provided the blending is largely spring, the mixture is desirable. While soft flours are easily converted into hot breads, they cannot be made into good yeast 'light breads.' So in buying cheap flour we must be sure to see that there is not too large a proportion of the soft wheat with little gluten, or our family will not get the body and muscle-building material they need from their bread."

Salt Rising Bread.

(First prize, won by Mrs. M. B. Rees.)

	Cost.
$\frac{1}{2}$ c corn meal	\$0.0142
$\frac{1}{2}$ c sweet milk	.0134
Rising	\$0.0276
4 $\frac{1}{2}$ quarts flour	.2534
2 t salt	.0006
1 t sugar	.0009
1 c milk @ 11c per qt.	.0275
Fuel, gas	.0220

Cost of 6 loaves.....\$0.3320

Cost of 1 loaf, 5 $\frac{1}{2}$ c.

The evening before baking scald 2 heaping tablespoonfuls of corn meal with $\frac{1}{2}$ cup of hot milk, making a thin batter, then add more corn meal (not scalded) to make as thick as mush. Cover closely and keep in a warm place over night. In the morning put one cup of milk in a 1-gallon stone jar or large pitcher, add 1 teaspoonful of sugar and 1 teaspoonful of salt. Scald this with 3 cups of water heated to the boiling point. Reduce to a temperature of 108 degrees with cold water, about 2 cups, using a thermometer to be sure. Then add flour and mix to a good batter, after which add the light corn meal. Beat well, cover the jar and put in a large kettle of water at a temperature of 108 degrees until the sponge rises, 2 or 3 hours. It should rise at least 1 $\frac{1}{2}$ inches. Add flour to make a stiff dough, make into loaves and put in pans to rise, greasing them well on top. When quite light, bake about 1 hour. Do not let warmth get out of dough while working it. If less bread

is wanted cool the scalded milk by setting it in a pan of cold water, having only the 4 cups of liquid, and allow about 3 cups of flour to a loaf.--Mrs. M. B. Rees.

White Bread.

	Cost.
1 Magic yeast cake	\$0.0083
Potato water	.0000
1 T salt	.0008
2 T shortening	.0087
2 T sugar	.0052
9 $\frac{1}{2}$ quarts of Crown flour.....	.5349
Gas, 50 minutes.....	.0213

Cost of 8 loaves of bread....\$0.5792
Or 7 $\frac{1}{2}$ cents each.

In the evening cook enough potatoes for dinner and save the water. Use potatoes for dinner. Soak 1 yeast cake in $\frac{1}{2}$ cup lukewarm water. Put in enough other water to make 2 quarts. Put in 2 tablespoonfuls sugar, 1 tablespoonful salt, 2 tablespoonfuls shortening and let it set until it works well. The next evening work in 9 $\frac{1}{2}$ quarts of flour and knead for fifteen minutes. Let rise all night, in the morning knead again and make into loaves. Let rise a little more than double the size and bake.

Turn gas on full and let the bread cook till brown for 15 minutes, then turn down very low and cook 35 minutes.

Save a cupful of the yeast for the next time. You can bake from three to five batches of bread with one yeast cake. When your yeast doesn't work well, add $\frac{1}{2}$ of a yeast cake more. It makes your bread better to save a starter each time--Mrs. W. J. Barker, 1535 Vincent avenue, city.

Salt Rising Bread.

	Cost.
2 T cornmeal.....	\$0.0035
1 $\frac{1}{4}$ t salt	.0004
2 T sugar	.0052
$\frac{1}{2}$ t soda	.0004
1 T lard.....	.0094
3 lbs. flour.....	.1689
1 qt. water	.0000
Gas to bake 35 minutes.....	.0149

4 loaves

Or 5 $\frac{1}{2}$ cents per loaf.

In the evening scald the corn meal, $\frac{1}{4}$ t salt, 1 T sugar, with $\frac{1}{2}$ pt. boiling water, stir and set in a warm place to rise till morning; then scald 1 T sugar, 1 t salt, $\frac{1}{2}$ t soda with 1 pt. of boiling water, stir well and add $\frac{1}{2}$ pt. of cold water. When lukewarm add the mush made the night before. Now add 1 lb. of flour and put in a close vessel in a kettle of warm water (not too hot). When light add 1 T melted lard, mix stiff with the balance of the flour and mold into loaves. This amount makes 4 loaves. Bake 35 minutes--10 minutes hot oven, then turn down low.--Mrs. G. Spencer.

Salt Rising Bread.

	Cost
$\frac{1}{2}$ c white corn meal	\$0.0141
1 T fresh milk.....	.0017
Pinch of salt	.0001
Pinch of sugar ($\frac{1}{4}$ t).....	.0002

Cost of rising.....	.0161
3 quarts flour.....	.1639
1 t salt	.0003
1 t sugar	.0008
1 pt. milk	.0535
Rising as above.....	.0161
Fuel to bake	.0340

For 3 loaves.....\$0.2736

Or a little over 9 cents per lb. loaf.

Make the rising at 6:30 p. m., using $\frac{1}{2}$ cup white corn meal, 1 tablespoonful fresh milk, $\frac{1}{2}$ cup boiling water, pinch of salt and a pinch of sugar. In early morning take sifter full of flour, 1 teaspoonful salt, 1 teaspoonful sugar and make thin batter with half milk and half warm water. Add the rising and beat most thoroughly. Make in lard bucket and place it in a larger bucket of warm water, hot enough to bear finger in. Sponge should be ready by 10:30 (stands about three hours.) Make into loaves, keep loaves very warm till light enough to bake.—Jessie A. Fox, Astoria, Or.

White Baking Powder Loaf.

	Cost
3 cups flour.....	\$0.0423
$\frac{1}{2}$ t salt	.0002
2 t Baking Powder	.0042
1 T Cottolene.....	.0090
2 cups water	.0000
Gas for 1 hour	.0255

Total\$0.0812

Sift flour, baking powder and salt into a bowl. Work in slightly warmed Crisco and mix to a soft biscuit dough. Turn on board and lightly form into a loaf. Put into greased pan and bake 45 minutes in a medium oven. The loaf weighs $1\frac{1}{4}$ lbs.

Or take the same recipe and substitute 2 cups sour milk for the water, adding $\frac{1}{2}$ t soda to the milk, and it will make a milk loaf at a cost of \$0.0966 for $1\frac{1}{4}$ lb. loaf.

Note—Yeast bread is cheaper and I think more wholesome.—Mrs. Crow, 1153 Forty-ninth avenue, S. E., city.

Making and Baking Bread.

Mrs. W. R. Crow, 1153 Forty-ninth avenue Southeast, Portland, sends us these very exact and helpful directions for making bread, and figures her prices out in fractions, with a trifle different price than we pay on the market. These price comparisons are helpful.

In sending in my recipes I am giving as near as I can what years of experience has taught me and have figured my recipes as closely as pos-

sible, though one may substitute cheaper shortening if desired. In baking bread it is better to choose an ironing or other day at home, making the bread all in one day, but the sponge may be set the night before. More depends on the mixing for success than any other one thing, as different flours require different amounts of moisture. Keeping the sponge or dough too warm makes a light but coarse-grained bread, too cool, it is apt to be dark and heavy. Keep the sponge just a bit warmer than blood heat. A good mixing rule is to mix the sponge almost, but not quite thick enough to leave the spoon tracks. In mixing stiff, if not an experienced baker, take a mixing spoon; now sift in flour, a cupful at a time, mixing thoroughly each time until the dough is so stiff it leaves the pan in an ungainly ball. You may think it too soft, but thickly flour your board, turn out the dough, now thickly flour the hands, and lightly press and pull the dough into shape by putting the hands on the dough against the board, and bringing up and over from all sides. Do this till the dough can be kneaded. Now knead thoroughly, pressing lightly downward and outward with a rolling motion all ways. These directions apply to all bread and small breads of yeast.

Six one-pound loaves of bread:

	Cost.
1 lb. potato for year.....	\$0.0200
1 cake Fleischman's yeast.....	.0250
$\frac{1}{2}$ c, or $\frac{1}{4}$ lb. lard, at 30c.....	.0750
$\frac{1}{2}$ c sugar, or $\frac{1}{4}$ lb., at 81-3c.....	.0205
4 lbs. flour, at \$0.0563.....	.2252
1 T salt (1-125).....	.0008
Gas for baking, 45 minutes....	.0220

Six loaves of bread cost.....\$0.3885

One loaf of bread will cost \$0.0648.

Process of making: Cook potato well done, mash fine, add 1 tablespoonful salt, 1 quart warm water, flour to make good medium batter and beat hard. Dissolve one yeast cake in $\frac{1}{4}$ cupful water, add to batter and beat again. Set in warm place, free from draft, until very light. Now add the melted lard and sugar (you may have to add more warm water to absorb the remaining flour); add flour as directed above, and knead thoroughly. Let rise to double the bulk, knead down again, using no flour (oil or grease the hands). When well risen again mold into loaves, put into well-greased pans, let rise two-thirds its bulk and bake 45 minutes.

War Bread Costs 6 $\frac{1}{2}$ Cents Per Loaf.

For a small family one-half the above recipe should be used, or divide the sponge into three parts; to one part knead up and make white bread,

as above, one other part add 1 tablespoonful molasses instead of sugar (or brown sugar is good), mix stiff with graham or war flour, and you have a fine graham loaf at the same cost as the white bread.

Bread Coffee Cake.

Make the remaining one-third part of the above recipe as follows:

	Cost.
1 egg, at 48c per dozen.....	\$0.0400
½ pint milk.....	.0268
¼ lb. raisins.....	.0375
2 T butter.....	.0312
3 T sugar.....	.0078
¼ t allspice.....	.0020
1 lb. flour.....	.0563
If baked separately add for gas.....	.0220

Cost\$0.2236
Beat 1 egg, add to ½ pint warm milk, 2 tablespoonfuls butter, 3 tablespoonfuls sugar, ¼ teaspoonful allspice. Knead up stiff with white flour after it is risen twice its bulk. Knead in ¼ lb. raisins. Leave thick or roll thin as desired. Brush over the top with 1 tablespoonful melted shortening. Sprinkle on 2 tablespoonfuls sugar with ½ teaspoonful cinnamon. Place in pan when very light and bake 45 minutes, and you have a fine large coffee cake, at the cost of 23 cents.—Mrs. W. R. Crow, 1153 Forty-ninth avenue Southeast.

Parker House Rolls.

This recipe has been tested and tried for years with splendid results:

	Cost.
1 pint bread sponge.....	\$0.0198
2 T sugar.....	.0052
1 T lard.....	.0094
1 t salt.....	.0003
3 pints sifted flour.....	.0846
1 t butter for top.....	.0032
Gas, 15 minutes.....	.0190

Cost of 30 rolls.....\$0.1415
Or about 6 cents per dozen.
Add sugar and water to the yeast and beat well. Then add all together, mix and knead well. Take on the board and cut into pieces. Knead again and place in greased bowl. Cover and let rise till double in bulk. Roll out one-fourth inch thick, brush over lightly with melted butter, cut with biscuit cutter and fold over in pocketbook shape; raise again, bake 15 minutes in hot oven.—Mrs. George Spencer, 1260 East Davis street.

Parker House Rolls.

	Cost.
2 ½ c flour.....	\$0.0357
1 c yeast.....	.0083
1 T lard.....	.0094
1 t sugar.....	.0009
1 egg.....	.0416
Gas, 30 minutes.....	.0127
1 T lard to brush sides.....	.0094

Cost\$0.1164

The sender of the above omits to mention how many rolls the recipe will make.

Make sponge with yeast and half of the flour. Beat well, add egg, lard or other shortening and sugar. Beat again, mix in the rest of the flour and knead well. Let rise until double in bulk, roll out lightly with rolling pin, cut with biscuit cutter, brush both sides with melted shortening, fold in center and place in pan. When light, bake 25 to 30 minutes.—Mrs. F. N. Taylor.

Parker House Rolls.

Mrs. H. O. Hicks, 689 Irving street, Portland, Or., sends recipes for milk breads, etc., which we will publish next week, and the following recipe:

	Cost.
1 cake of yeast.....	\$0.0083
1 pint milk.....	.0534
2 T sugar.....	.0052
4 T lard.....	.0376
6 large c flour (2 lbs.).....	.1126
1 t salt.....	.0003
½ T butter.....	.0078
Wood fire, 10 minutes.....	.0068

40 rolls cost.....\$0.2317
Or 7 cents per dozen.

Dissolve 1 cake of yeast in 1 pint lukewarm milk (previously scalded), add 2 tablespoonfuls of sugar, 4 tablespoonfuls lard or butter, 3 large cups of flour. Beat until smooth, cover and let rise until light (1 hour), then add 3 large cups flour and 1 teaspoonful of salt; knead well and put in greased bowl; cover and let rise till double in bulk (1½ hours). Roll out ½ inch thick, cut with two-inch cutter, brush with butter, crease with back of knife through centers and fold over in pocket shape. Place in shallow greased pans one inch apart and cover. When light (about half hour) bake 10 minutes in hot oven. Sometimes I sprinkle with milk and sugar just before baking. This makes about 40 small rolls.

Hot Rolls.

	Cost.
3 small potatoes (½ lb.).....	\$0.0100
1 c milk.....	.0267
1 even T butter.....	.0312
½ t salt.....	.0002
1 T sugar.....	.0026
2 eggs.....	.0800
2 quarts flour.....	.1126
½ yeast cake.....	.0042
Wood fire to bake.....	.0408

1½ dozen rolls.....\$0.3083
Cost per dozen, about 21 cents.

Strain potatoes through colander (or ricer), add milk, butter, sugar, salt and heat lukewarm. Add eggs and yeast dissolved in warm water, and make stiff with flour. Mix six hours before wanted and let rise. Roll out, cut, and put in pan. Let rise

one hour. Bake 15 or 20 minutes.
Makes 1½ dozen rolls.—Jessie A. Fox,
Astoria, Or.

Vienna Rolls—Third Prize.

	Cost.
2½ c flour.....	\$0.0332
1 cake Fleischman yeast.....	.0250
1 t lard.....	.0094
1½ t sugar.....	.0013
2 eggs.....	.0800
½ pint of water and milk equal parts.....	.0134
Wood for 25 minutes.....	.0230

For 14 rolls.....\$0.1853
Cost per dozen, 13¼ cents.

Make sponge with yeast and half of the flour. Beat well, add eggs, lard and sugar. May need a little more flour. Beat again, mix in the rest of the flour and knead well. Let rise until double in bulk, take out and roll out small pieces. Bake 25 minutes.—Mrs. L. Hughson, Beaverton, Or.

These Vienna rolls "should have been seen to be appreciated," as they were absolutely perfect in shape and crust, so much so that the judges would not believe without her recipe that they were not made by a certain bakery.

Rolls.

	Cost.
1 T butter.....	\$0.0156
½ t salt.....	.0002
4 c flour.....	.0564
½ pint milk.....	.0267
1 T sugar.....	.0026
1 yeast cake.....	.0083
Gas.....	.0190

One dozen rolls cost.....\$0.1288

Scald the milk and pour over sugar, salt and butter. When lukewarm add the yeast, dissolved in the water. Add 2 cupfuls flour and beat hard for five minutes. Place to rise, well covered, and when a frothy mass add remaining flour and knead briskly for 10 minutes. Set to rise. When twice its size roll out 1½ inches thick, spread with butter and place in pan. Bake when very light. One dozen rolls.

Buns.

	Cost.
1 c scalded milk (may use part water).....	\$0.0268
1-3 c shortening.....	.0500
1-3 c sugar.....	.0139
¼ c yeast.....	.0125
½ t salt.....	.0001
½ c raisins.....	.0250
1 t lemon extract.....	.0292
1 lb. flour—about.....	.0563

For 18 buns.....\$0.2138

Add half of sugar and salt to milk. When lukewarm add yeast and 1½ cups flour. Beat well, cover and let rise till light, then add remaining ingredients (stone raisins and cut in quarters), and enough flour to make a dough. Let rise, shape like biscuit. Let rise again and bake. If wanted

glazed, brush with beaten egg before baking.

Cost of buns, \$0.0128 each.

Raised Muffins.

	Cost.
1 c scalded milk.....	\$0.0268
1 c boiling water.....	.0000
2 t shortening.....	.0062
¼ c sugar.....	.0104
¾ t salt.....	.0002
¼ c yeast.....	.0125
1 egg (may omit).....	.0400
4 c flour.....	.0564
Gas, 30 minutes, cost.....	.0235

Cost for 20 muffins.....\$0.1760
Or \$0.1056 per dozen.

Add shortening, sugar and salt to milk and water. When lukewarm add yeast, well beaten egg and flour. Beat thoroughly. Cover and set in warm place to rise over night. In morning fill muffin rings two-thirds full. When risen full bake 30 minutes in hot oven.

Raised Rice Muffins.

	Cost.
1 c cooked rice.....	\$0.114
¼ c shortening.....	.0375
½ c scalded milk.....	.0134
3 T sugar.....	.0078
½ t salt.....	.0002
¼ c yeast.....	.0125
¾ c flour.....	.0493
Gas, 30 minutes.....	.0235

Per 18 muffins.....\$0.1556

Method same as for raised muffins.

—Mrs. L. M. Welch, 1357 East Lincoln street.

Muffins.

	Cost.
1 T sugar.....	\$0.0026
1 egg.....	.0400
½ t salt.....	.0002
1½ c milk (sweet).....	.0402
2 c flour.....	.0232
2 t baking powder.....	.0042
1 t butter.....	.0156
Stove for baking 15 minutes..	.0230

For 14 good-sized muffins..\$0.1540
Cost per dozen, 13 cents.

Beat egg and sugar together, add salt, then milk. Sift baking powder and flour, and add it, beating well. Melt the butter and add last. Put in hot greased muffin pans and bake in hot oven 15 minutes. This makes 14 good-sized muffins.

Entered for prize No. 2—Mrs. H. H. Minard, 1236 Division street.

Muffins.

	Cost.
1 T butter.....	\$0.0156
1½ T sugar.....	.0039
1 egg.....	.0400
1 c milk.....	.0268
2 c flour.....	.0232
2½ t baking powder.....	.0052
Gas to bake, 10 minutes.....	.0100

15 muffins.....\$0.1297

One dozen muffins cost 11 cents. Cream 1 tablespoonful shortening (butter or drippings) and 1½ tablespoonfuls sugar. Beat into this 1 well beaten egg. Add one cupful of milk and stir quickly. Sift 2½ teaspoonfuls baking powder with 2 cupfuls of flour. Stir into mixture quickly and drop from tablespoon into well greased muffin rings. Bake in hot oven 10 minutes. This makes 15 good-sized muffins.—Mrs. Hickox.

Muffins and Gems.

I use the same foundation for baking powder muffins, Johnny cake and gems: Buttermilk for sweet milk by using 1-3 teaspoonful soda to each cup to sweeten.

Some ingredients: 2 tablespoonfuls sugar, 1 R T compound, 1 egg, ½ teaspoonful salt.

Muffins.	Cost.
2 T sugar.....	\$0.0052
1 R T compound.....	.0187
1 egg	.0406
½ t salt.....	.0002
1 c milk.....	.0268
1½ c flour.....	.0247
2 t baking powder.....	.0042
1 t lard for greasing.....	.0052
Gas for baking 15 minutes.....	.0190

1 dozen muffins cost.....\$0.1440
To ingredients given add: 1 cupful milk, 1¼ cupfuls flour, 2 teaspoonfuls baking powder. Cream butter and sugar, add egg, beat well, add milk, may use part water or buttermilk with 1-3 teaspoonful soda; stir thoroughly, then add baking powder and flour sifted together, beat well, put in hot greased muffin rings and bake 15 minutes in hot oven. Makes 12 muffins.—Mrs. L. M. Welch.

Baking Powder Biscuits.	Cost.
2 c flour.....	\$0.0282
4 t baking powder.....	.0084
1 t salt.....	.0003
2 T Crisco.....	.0174
¾ c milk.....	.0119
Gas, 20 minutes.....	.0157

Two dozen biscuits cost.....\$0.0809
Or 5½ cents per dozen.
Sift the flour, baking powder and salt together twice. Work in the shortening with tips of fingers. Add the milk gradually, mixing with a

knife to a soft dough. Toss on a floured board, roll to ½ inch thickness. Shape with a biscuit cutter and place on a greased tin. Bake in a hot oven from 12 to 15 minutes. This makes 24 biscuits.—Mrs. G. Spencer.

Popovers.

	Cost.
1 c milk.....	\$0.0268
1 c flour.....	.0145
1 egg	.0400
1 T butter.....	.0156
½ t salt.....	.0002
Fuel to bake.....	.0230

Cost for 1 dozen.....\$0.1197
Beat well together and bake in hot gem pans; makes one dozen.—Jessie A. Fox, Astoria, Or.

Baking Powder Biscuits.

	Cost.
4 c flour.....	\$0.0564
2 T lard.....	.0188
1 t salt.....	.0003
1 c buttermilk.....	.0094
1-3 t soda.....	.0002
4 t baking powder.....	.0084
Gas, 15 minutes.....	.0190

20 biscuits cost.....\$0.1125
Or 7½ cents per dozen.

Sift flour, baking powder and salt into mixing bowl, rub the lard through the flour thoroughly. Dissolve soda in buttermilk and beat till it gives a hollow sound, and add the flour. Mix as little as possible, roll out and cut on floured board. Bake 15 minutes in hot oven.—Mrs. Lulu M. Welch, 1351 East Lincoln street.

Biscuits.	Cost.
2 c flour.....	\$0.0282
3 t baking powder.....	.0063
¼ t salt.....	.0001
1½ T shortening.....	.0141
2-3 c milk.....	.0179
Gas to bake.....	.0190

30 biscuits cost.....\$0.0856
Or 3.6c per dozen.

Two cupfuls flour, 2½ teaspoonfuls baking powder, ¼ teaspoonful salt, sift all together. Cut into this 1½ tablespoonfuls shortening and pour into it two-thirds cupful of milk, stirring quickly. Roll ½ inch thick, cut into biscuits with a 2-inch cutter. Bake quickly for 10 minutes. This makes 30 delicious biscuits.—Mrs. Hickox.

War Bread

Entire Wheat Bread.

	Cost.
1 qt. Albers' whole wheat flour	\$0.0592
3 T sugar.....	.0078
1 t salt.....	.0003
½ cake yeast.....	.0041
2 T warm water, gas.....	.0220

One loaf bread costs.....\$0.0934
Sift flour, sugar and salt. Mix with

enough warm water to make a batter as stiff as can be stirred. Dissolve the yeast in 2 tablespoonfuls warm water; add to batter. Beat for 10 minutes. Let rise over night. In morning beat again. Put in greased pans; let rise again, and bake in moderate oven one hour.—Mrs. A. Lindberg, Rex, Or.

Whole Wheat Bread.

Jessie A. Fox, of Astoria, Or., sends us this recipe:

	Cost.
3 quarts whole wheat flour sifted into mixing bowl....	\$0.1776
In a quart measure put	
3 T sugar.....	.0078
1 T salt.....	.0008
2 T N. O. molasses or Karo....	.0054
4 A melted lard.....	.0376
1 yeast cake.....	.0083
Slabwood, 1 hour.....	.0286

For 4 loaves.....\$0.2661
Per loaf, \$0.0665.

Fill measure with tepid water and add the compressed yeast cake which has been previously dissolved in a little water; pour this over the flour, mix thoroughly and let rise over night. Next morning work sponge down, but do not add any more flour. Use lard or flour on finger tips if necessary. Place in oiled bread pans; let rise; bake an hour. Makes 3 large or 4 medium loaves, and is the "best ever."

Whole Wheat Bread.

Mrs. John Oatfield, Milwaukie, Or., sends us this recipe and says: "The fuel used is fir cordwood in malleable steel range. As I never build a special fire, I could hardly determine cost. Filling the firebox just before I put the bread in the oven, with possibly one or two small pieces of wood added at the last period of baking, is all the heat required. I think the information you are compiling for your readers is wonderful. I assure you I appreciate it as well as enjoy reading it."

In regard to the wood, we mentioned as the great saving in using wood that you could use the heat for so many things at once; but in order to have a standard of comparison we must figure in the cost of fuel as given in the fuel tables, with the understanding that it will be cheaper if cooked with other things.

Yeast:	Cost.
1-3 cake Magic yeast.....	\$0.0027
1 medium potato.....	.0050
1 lb. 5 oz. flour.....	.0738

Cost	\$0.0815
Yeast, as above.....	.0815
2 R T sugar.....	.0104
1 R T lard.....	.0188
1 T salt.....	.0008
3 lbs. 12 oz. flour.....	.2112
Fir wood, 50 minutes.....	.0340

4 medium size loaves bread...\$0.3567
About 9 cents per loaf.

1. Soak 1-3 cake Magic yeast in $\frac{1}{2}$ cupful tepid water for one hour. At noon reserve 1 pint potato water, to which has been added 1 potato (strained through finest mesh sieve).

When lukewarm add yeast and liquid and stir in enough white flour to make a stiff batter, beat well, set in warm place until bedtime.

2. At night add 1 cup warm water and enough whole wheat flour to make batter slightly stiffer than yeast, using for yeast 1 pound 5 ounces of flour in all.

3. In morning add 1 cup warm water, 2 rounded tablespoonfuls sugar, 1 rounded tablespoonful lard and 1 scant level tablespoonful salt and enough whole wheat flour to knead on board. Knead 10 minutes. Place in greased bowl and let rise until double (light), mold into loaves, turn loaves in melted lard in individual bread pans, let rise double, bake 50 minutes. This quantity makes three large loaves and sometimes four, varying with the flour. I use Willamette valley grown whole wheat flour, so this is a Western recipe.

Flour used for whole wheat bread:

Yeast (white) flour, 1 lb. 5 oz. (4 cups).

Sponge whole wheat, 1 lb. 4 oz. (4 cups) flour.

Bread flour, 2 lbs (6 cups).

Kneading on board, white flour, $\frac{1}{2}$ lb. (1 cup).

Total—White flour, 1 lb. 13 oz.; whole wheat, 3 lbs. 4 oz.; total, 5 lbs. 1 oz.

Bread, finished, 4 large loaves—Weight, $1\frac{3}{4}$ to 2 lbs. each; circumference, length, 26 inches; circumference, breadth, 16 inches.—Mrs. John Oatfield.

Recipe for War Bread.

	Cost.
Rising	\$0.0276
1 quart white flour.....	.0563
3 $\frac{1}{2}$ quarts whole wheat flour (Albers)	.1982
2 t salt.....	.0006
1 t sugar.....	.0008
1 c milk.....	.0268
Fuel, gas, 45 minutes.....	.0220

Cost of 6 loaves.....\$0.3323

Cost of 1 loaf......0055

Make as the wheat bread, using the white flour for the sponge; also add pinch of soda when making the stiff dough.—Mrs. M. B. Rees.

Whole Wheat Muffins.

	Cost.
1 c sour milk.....	\$0.0063
4 T sweet milk.....	.0068
2 T sugar.....	.0052
$\frac{1}{2}$ t salt.....	.0002
1 t soda.....	.0007
1 $\frac{1}{2}$ c whole wheat flour.....	.0222
3 T melted lard.....	.0282
Gas, 20 minutes.....	.0156

For 1 dozen gems.....\$0.0852

Mix the soda with the dry flour, stir into milk, sugar and salt, adding melted lard last. Beat well and have

your pans hot. Bake in a hot oven 20 minutes. This makes 1 dozen gems.—Mrs. G. Spencer.

Whole Wheat Muffins.

	Cost.
1 c sour milk.....	\$0.0063
½ c sweet milk.....	.0134
2 c whole wheat flour.....	.0296
1 T sugar.....	.0026
½ t salt.....	.0001
2 T lard.....	.0188
1 t soda.....	.0007
Gas 15 minutes.....	.0190

One dozen large muffins.....\$0.0905

Mix the soda with the dry flour, stir it into the milk, then the sugar and salt. Add melted lard last. Save out enough to grease gem pans. Beat batter well and have pans hot. Bake in a quick oven. This makes 1 dozen large gems.—Mrs. G. Spencer.

GRAHAM BREAD.

Special Prize

For the best war bread. Won by Mrs. F. C. Fox, 1182 Williams avenue, with her

Graham or Entire Wheat Bread.

The following is a recipe that never has failed—and has nourished my little children for years and has developed them into fine men and women, with good health:

	Cost.
1 cake compressed yeast.....	\$0.0083
2½ pints lukewarm water.....	.0000
1 quart white flour.....	.0563
2 quarts graham or half wheat flour.....	.1184
2 R t salt.....	.0012
4 R t sugar.....	.0072
Gas to bake, 40 minutes.....	.0220

Four loaves cost.....\$0.2104

Cost per loaf, 5¼ cents.

Each loaf weighing 1½ pounds.

Put yeast in the water, adding sugar, and let dissolve. Stir in the white flour and beat until quite smooth. Add brown flour and salt. The dough should not be so stiff as for white bread. Turn out on board and knead, adding from time to time enough white flour to keep from sticking to board. Let rise until light. Turn out and cut in four equal parts. Knead into proper shape and place in pans and let rise until light. Bake 35 or 40 minutes in gas oven.—Mrs. F. C. Fox, 1182 Williams avenue.

Graham Bread.

	Cost.
2 c sour milk.....	\$0.0126
2 T sugar.....	.0052
2 T New Orleans molasses.....	.0054
½ t salt.....	.0002
1 egg.....	.0400
1 c flour.....	.0141
2 t soda.....	.0014
2 c graham flour.....	.0296

Gas, 40 minutes......0195

Cost of 2 loaves.....\$0.1280

Or 7½ cents per loaf.

Beat egg well, add sugar, salt and molasses. Dissolve soda in some milk, then add it and the white flour. Stir graham in last and bake in a moderate oven. This makes two loaves.—Mrs. G. Spencer, 1260 East Davis street.

Graham Loaf.

	Cost.
1 cup flour.....	\$0.0141
2 cups graham.....	.0296
1 t soda.....	.0007
1 c sour milk.....	.0063
1 cup water.....	.0000
1 T Cottolene.....	.0090
½ t salt.....	.0002
1 T molasses.....	.0027
Gas for 1 hour.....	.0255

For 1¼ lbs. bread.....\$0.0881

Cost per lb., 7 cents.

Sift the flour, graham, salt and soda into a bowl. Add the milk, water and molasses. Beat thoroughly. Add melted Cottolene and heat again. Turn into a greased tin and bake 45 minutes. This makes 1¼ pound loaf.—Mrs. Crow.

Brown Bread.

	Cost.
2 c cornmeal.....	\$0.0564
½ c flour.....	.0070
1½ c bread crumbs.....	.0225
2 c cold water.....	.0000
1 t salt.....	.0003
1 c N. O. molasses.....	.0424
1 t cream of tartar.....	.0053
1 t soda.....	.0007
Gas, 3 hours.....	.0765

For 1 loaf bread.....\$0.2111

Bake in close-covered tin three hours in moderate oven. It is wise to put an asbestos mat under the tin. The bread crumbs should be soaked in the water until soft, then mashed smooth. Nuts may be added.—Amy B. Westbrook, 1540 Salem avenue, Albany, Or.

Brown Bread.

	Cost.
1 c white flour.....	\$0.0141
4 c graham flour.....	.0592
2 c buttermilk.....	.0188
½ c brown sugar.....	.0208
½ c molasses.....	.0212
1 t salt.....	.0003
1 t soda.....	.0007
1 c raisins.....	.0500
Gas, 1½ hours, to bake.....	.0383

For 1 large loaf.....\$0.2234

One cup white flour, 4 cups graham flour, 2 cups buttermilk, ½ cup brown sugar, ½ cup molasses, 1 teaspoonful salt, 1 cupful raisins, 1 teaspoonful soda dissolved in 1 tablespoonful hot water; put in buttermilk and stir until it foams. Add molasses, salt and brown sugar.

Have raisins mixed with flour and stir into mixture, beating thorough-

ly. This makes a large loaf, about 4½ inches high in 5x9-inch tin. Bake very slowly for 1½ hours.—Mrs. H. O. Hickox, 689 Irving street.

Honorable Mention.

This was the judges' second choice in the graham breads:

Eggless Brown Bread.

	Cost.
1 pint sour milk.....	\$0.0125
1 t soda.....	.0007
1 c New Orleans molasses.....	.0424
1 T baking powder.....	.0107
2 lbs. graham flour.....	.1184
Gas, 40 minutes.....	.0185

Five small loaves cost.....\$0.2032

So one small loaf costs only \$0.0413 and weighs ¾ lb.

Mix all together and beat well. Bake in well greased baking powder cans. I use ½ lb. size and bake slowly. This makes five loaves.—Mrs. C. Spencer, 1260 East Davis.

Graham Brown Bread.

	Cost.
1½ c sour milk.....	\$0.0094
½ c molasses.....	.0212
1½ t soda.....	.0010
1 t salt.....	.0003
1 T sugar.....	.0026
1 T melted lard.....	.0094
2 c graham flour.....	.0296
1 c white flour.....	.0141
Bake slowly 1½ hours.....	.0382

Weighs 1½ lbs., costs .089 lb.\$0.1258

Put together in order named.—Mrs. J. L. Ringo.

Graham Eggless Brown Bread.

	Cost.
1 pint sour milk.....	\$0.0125
1 t soda.....	.0007
1 c New Orleans molasses.....	.0424
1 T baking powder.....	.0107
2 lbs. graham flour.....	.1184
Gas, 40 minutes.....	.0185

Five small loaves cost.....\$0.2032

So one small loaf only costs 2½ cents.

Mix all together and beat well. Bake in well greased baking powder cans. I use ½-lb. size and bake slowly. This makes five loaves.—Mrs. G. Spencer, 1260 East Davis.

Steamed Brown Bread.

	Cost.
1 c graham flour.....	\$0.0148
½ c cornmeal.....	.0141
½ c white flour.....	.0070
½ t salt.....	.0002
½ t soda.....	.0003
1-3 c molasses.....	.0141
Gas used.....	.0211

Cost.....\$0.0716

For two cans weighing 14 oz. double the amount with the same heat, costs \$0.1073. For two loaves bread, each, \$0.0536.

	Cost.
Medium burner, 15 minutes....	\$0.0057
Simmering burner, 2 hours....	.0080
Oven, 10 minutes.....	.0074

Cost.....\$0.0211

Sift graham, cornmeal, flour and salt together, dissolve soda in water, add to flour and stir in molasses. Fill two-pound greased baking powder cans about two-thirds full of dough. Put on covers and place in rack in kettle. Rack may be made with a few sticks. Have enough boiling water in kettle to come one-third or one-half way up sides of the cans and put cover on kettle. Bring to a boil on medium burner, place on simmering burner for two hours. Take from kettle, remove lids and place in oven to dry out. This amount will make 1¼ pounds of bread. The amount of gas given will cook double this recipe, for I always make that much. Sour milk may be added if desired.—Mrs. V. E. Weber, 428 East Thirty-ninth street.

Steamed Brown Bread.

	Cost.
1½ c graham flour.....	\$0.0222
1½ c cornmeal.....	.0423
2 c sour milk.....	.0126
1 c molasses, scant.....	.0424
2 t soda.....	.0014
½ t salt.....	.0001
Gas, 3 hours.....	.0600

Cost.....\$0.1810

Put in molds. I use 1-pound baking powder cans and steam three hours.—Mrs. Mina Haston, 1620 Van Buren street, Corvallis, Or.

(It is interesting to compare the differences in these brown breads, particularly in the cost. Very expensive breads are probably made by many Portland housewives who have no idea of what their bread really costs. That is just what we are trying to bring out here.—Aunt Prudence.

Second Prize.

For the best small bread made with sweet milk and baking powder.

Graham Biscuit.

	Cost.
2 lbs. graham flour.....	\$0.0290
¼ c sugar.....	.0097
2 T Crisco.....	.0164
1 t salt.....	.0003
2 R t baking powder.....	.0144
1 pint sweet milk.....	.0535
Gas, 20 minutes.....	.0190

25 biscuits cost.....\$0.1423

Or less than 7 cents per dozen.

Thoroughly mix all dry ingredients, then rub in the shortening and milk. Bake in a hot oven. This makes 25 biscuits.—Mrs. G. Spencer, 1260 East Davis street.

War Bread.

	Cost.
3 potatoes	\$0.0150
2-3 cake Magic yeast.....	.0056
1 quart of shorts.....	.0050
2 quarts of white flour.....	.1126
1 T sugar.....	.0026
1 T salt.....	.0008
1 T shortening.....	.0094
Bacon rind for rubbing top....	.0000
Wood fuel	.0310

Cost of 3 loaves.....	\$0.1820
Cost of one loaf.....	.0606

This is sufficient for three big loaves of bread. Soak yeast in a little warm water with a little of the sugar for one hour. Boil potatoes and mash fine. Add enough warm water to potato water to make one quart. Add yeast and mashed potatoes to the water. Then stir in the shorts and two tablespoonfuls of white flour. Let rise over night. In the morning mix in salt and remainder of sugar and white flour to make dough. Knead till smooth and elastic. All shorts and flour must be sifted well after measuring. Let rise till twice its bulk, knead down and let rise again. Form into loaves and bake in moderate oven for 45 minutes.—Miss Helen Carsten, 615 West 17th street, Vancouver, Wash.

CORN BREADS.

	Cost.
1 c sour milk.....	\$0.0063
2 c cornmeal.....	.0566
$\frac{1}{4}$ c brown sugar.....	.0104
$\frac{1}{2}$ c molasses.....	.0212
1 egg, well beaten.....	.0400
2 T lard.....	.0188
2 T white flour.....	.0018
1 T salt.....	.0003
1 t soda.....	.0007
Gas, 20 minutes.....	.0190

Cost of corn bread.....	\$0.1751
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Dissolve soda in 2 teaspoonfuls boiling water. Mix the dry ingredients, then the molasses and egg and melted lard. Put dissolved soda into some milk, mix all together thoroughly and bake in hot oven 20 minutes.—Mrs. G. Spencer.

(This is too expensive for corn bread.)

Corn Bread.

This recipe is very good. I use it so much, and it is very economical, for it has no eggs.

	Cost.
$\frac{1}{2}$ cup sugar.....	\$0.0209
1 tablespoonful lard.....	.0094
1 cup sour milk.....	.0063
1 teaspoonful soda.....	.0007
1 cup white flour.....	.0141
1 cup cornmeal.....	.0283
1 teaspoonful baking powder..	.0036
$\frac{1}{2}$ teaspoonful salt.....	.0002
Gas for baking.....	.0190

Cost	\$0.1025
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Mix in order, sifting baking powder with flour. Will make enough for four people.—Mrs. Norman Taylor, 1594 Sandy Boulevard.

Corn Bread.

	Cost.
1 c cornmeal.....	\$0.0283
1 c white flour.....	.0141
$\frac{1}{2}$ t salt.....	.0002
2 R t baking powder.....	.0144
2 T butter.....	.0312
2 T sugar.....	.0052
1 egg.....	.0400
$\frac{1}{4}$ c sweet milk.....	.0335
Fuel for baking.....	.0230

One tin corn bread.....\$0.1899
Sift the baking powder with flour; melt the butter; add the sugar and mix together; add the milk and the flour. Beat thoroughly and bake in a quick oven.—J. A. Fox, Astoria, Or.

(Corn bread is supposed to be economical, but this 20-cent loaf only contains half a pound of flour in all, so has, with all its other ingredients, no more food value than a one-pound loaf of 6-cent home-made bread.)

Corn Bread.

	Cost.
1 c sour milk (10c per gal.)...	\$0.0063
$\frac{3}{4}$ t soda.....	.0005
1 c corn meal.....	.0283
1 T sugar.....	.0026
1 c flour.....	.0141
$\frac{1}{2}$ t salt	.0001
2 T lard.....	.0188
1 egg	.0400
1 t baking powder	.0036
Fuel, gas, 15 minutes.....	.0190

1 large loaf.....\$0.1333
Into one cupful of sour milk put three-quarters teaspoonful of soda which has been dissolved in one tablespoonful hot water. Add half teaspoonful salt, one tablespoonful sugar. Then put into this one scant cupful corn meal and one well beaten egg. Have one teaspoonful baking powder sifted into one full cupful of flour. Stir this in quickly and last add two tablespoonfuls melted drippings or lard. Bake quickly in hot oven for 15 minutes. This makes a corn bread one and a half inches thick in pan eight by twelve inches.—Mrs. Hickox.

Cornmeal Boston Brown Bread.

	Cost.
2 c corn meal	\$0.0566
1 c flour.....	.0141
1 c sweet milk	.0268
1 c sour milk	.0063
$\frac{1}{2}$ c molasses.....	.0212
$\frac{1}{2}$ t soda.....	.0003
1 t baking powder	.0036
1 T lard.....	.0094
1 t lard for greasing.....	.0031
Wood fire, 3 hours (1-3 use)..	.0286

Cost of bread.....\$0.1700
Turn into greased baking powder cans and steam three hours while cooking.—Mrs. C. G. C.

Cornmeal Boston Brown Bread.

	Cost.
$\frac{1}{2}$ pint flour.....	\$0.0141
1 pint corn meal	.0566
$\frac{1}{2}$ pint rye flour.....	.0375
1 t salt.....	.0003
1 T brown sugar.....	.0076
2 t baking powder	.0072
$\frac{1}{2}$ pint water	.0000
2 potatoes	.0100
1 t lard or grease.....	.0094
Gas, $1\frac{1}{2}$ hours.....	.0382

Cost 1 loaf bread.....\$0.1809

Sift flour, cornmeal, rye flour, sugar, salt and baking powder together. Rub two mealy potatoes through a sieve; dilute with water; when cool use this to mix the flour, etc., into a batter-like cake; pour into well greased molds with covers; place in a kettle half full of boiling water; when steamed one hour take off cover and bake half an hour.—Mrs. Spencer.

Johnny Cake.

This recipe I have used for the past two or three years and it has never failed:

	Cost.
2 c buttermilk	\$0.0188
$\frac{1}{2}$ t salt	.0002
1 T sugar.....	.0026
1 t soda	.0007
$1\frac{1}{2}$ c corn meal.....	.0324
1 c flour.....	.0141
Stove heat for baking 20 min...	.0139

Makes sheet 9 in. by 14 in. \$0.0607

Dissolve soda in a little warm water and add to buttermilk, then add sugar and salt. Mix and beat all together as quickly as possible. Bake in hot greased pan in hot oven about 20 minutes.—Mrs. Minard.

True Southern Corn Bread.

Dr. John H. Boyd sends us the two following recipes for corn bread, cooked in true Southern fashion, which he guarantees to be delicious:

Corn Bread With Sour Milk.

	Cost.
1 egg	\$0.0400
1 c corn meal	.0283
1 t salt	.0003
$\frac{1}{4}$ t soda	.0002
$\frac{1}{2}$ t baking powder	.0018
$\frac{1}{2}$ c buttermilk	.0047
1 T of melted shortening.....	.0094
Gas 25 minutes to bake.....	.0213

Cost\$0.1060

Mix and sift dry ingredients, add egg, buttermilk and lastly shortening. Can be cooked in loaf, muffins or sticks.

If baked in loaf let bake in mod-

erate oven about 25 minutes. In other ways, of course, it takes a shorter time to bake.—Mrs. Lelia Fry, Fort Worth, Tex.

Corn Bread With Sweet Milk.

	Cost.
1 c meal	\$0.0283
1 t salt	.0003
1 t baking powder	.0036
1 T sugar	.0026
1 egg	.0004
1 egg	.0400
1 T melted shortening.....	.0094
Gas 25 minutes to bake.....	.0213

Cost\$0.1189

Proceed as for "sour milk" and bake same length of time.

In preparing pans, grease well and set in oven and let get very hot. Pour batter in while hot. This will prevent sticking.—Mrs. Lelia Fry, Fort Worth, Tex.

Third Prize.

For the best small bread made with sour milk and soda.

Corn Bread Gems.

	Cost.
$\frac{1}{2}$ pint corn meal.....	\$0.0283
$\frac{1}{2}$ pint flour.....	.0141
$\frac{1}{2}$ pt. buttermilk	.0094
$\frac{1}{2}$ t salt	.0003
$1\frac{1}{2}$ t soda	.0010
Gas, 15 minutes	.0190

Total\$0.0721

Stir corn meal, flour, salt and soda together. Mix good with buttermilk, stir well, bake 15 minutes.—Mrs. Spencer, 1260 East Davis.

(Here is a good and also very inexpensive corn bread.)

Corn Meal Rolls.

	Cost.
1 c corn meal.....	\$0.0283
1 c white flour.....	.0141
1 T sugar	.0026
$1\frac{1}{2}$ c yeast.....	.0124
Bake with gas	.0127

Total cost, 1 dozen rolls...\$0.0711

Mix stiff with spoon. Knead well with white flour, let rise until light, about two hours. Roll out about $\frac{1}{2}$ inch thick and cut in 12 equal pieces. Roll each piece lightly into an oblong and place in greased pan so they do not touch. Let rise until light (about 1 hour) and then bake 30 minutes in slow oven.

Johnny Cake.

	Cost.
2 T sugar	\$0.0052
1 R T compound.....	.0186
1 egg	.0400
$\frac{1}{2}$ t salt	.0002

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2 c buttermilk	.0198
2 t soda	.0014
1½ c corn meal	.0424
1 c flour	.0141
Gas, 20 min.	.0190

For 1 tin Johnny cake.....\$0.1607

To common ingredients add:

2 c buttermilk,	
2 t soda,	
1½ c corn meal,	
1 c flour	

Proceed as for muffins, add soda to buttermilk, dissolve, stir into mixture, add corn meal and flour, beat thoroughly. Bake in well greased pan in hot oven 20 minutes. This makes a tin 7x11 inches, or a tin 9½x13½ inches, thinner.—Mrs. L. M. Welch, 1351 East Lincoln street, Portland, Or.

Corn Meal Gems.

	Cost.
1 c sour milk	\$.0063
1 t soda (level)	.0007
½ t salt	.0002
2 T melted lard.....	.0188
2 T sugar	.0052
1 c corn meal	.0283
1 c flour	.0141
Gas, 25 minutes	.0190

Total\$0.0926

Put ingredients together in order named. Makes 10 good-sized gems or a sheet 8x10x1½ inches.—Mrs. J. L. Ringo.

Hoe Cake.

	Cost.
1½ c corn meal	\$.0424
1 T salt	.0003
Gas, 1 hour	.0255

The hoe cake costs\$0.0687

An economical and tasty corn bread is made by correctly combining boiling water and corn meal.

Place 1½ cups of corn meal and 1 level tablespoonful salt into a deep warm bowl. Add enough boiling water to make a medium thick batter. Pour this on a piping hot grid- dle that has been well greased and sprinkled with dry corn meal. Lower flame and let brown. Turn flame very low and let cook one-half hour. Turn cake and cook as before.—Annie D. Nealand, 7 East Twenty-second street, North, City.

Corn and Wheat Gems.

	Cost.
1 c corn meal	\$.0283
½ c boiling water	.0000
2 T shortening (Crisco)	.0174
1 t salt	.0003
2 T molasses	.0054
½ t soda	.0003
2 c whole wheat flour.....	.0296
1 c sour milk	.0063
Gas	.0190

13 gems cost.....\$0.1066

Pour boiling water over the corn meal and let stand 10 minutes. Dis- solve the soda in a tablespoonful of the hot water, add with molasses to

the cooled corn meal, add the rest of the ingredients alternately, beating well. Bake in gem pans 20 minutes to ½ hour.—Mrs. M. B. Rees.

Corn Muffins.

	Cost.
2 c corn meal	\$.0566
1 c white flour	.0141
¼ t salt	.0001
1 c sour milk	.0063
1 t soda	.0007
1 T vinegar	.0016
1 egg	.0400
1 T shortening	.0094
Gas, 15 minutes	.0190

1 dozen corn muffins cost...\$0.1478

In the evening take 2 cups of corn meal and 1 cup of white flour, ¼ tea- spoonful salt, and 1 cupful sour milk, good measure. Mix well and cover and let stand over night. In morning add 1 teaspoonful soda mixed with a tablespoonful of vinegar and 1 egg and beat batter until it is very light. Heat muffin pan, grease well and bake in a hot oven for 15 minutes.— Lena A. Schindler, 637 East Twelfth street, North, city.

Oatmeal Bread.

	Cost.
1 pt. rolled oats	\$.0328
1 pt. milk	.0535
1 t salt	.0003
1 pt. water	.0000
1 yeast cake	.0083
Fuel top gas 45 min., oven gas 45 minutes	.0305

Cost (beside whole wheat

flour)\$0.1254
Put the water over the fire, and when boiling stir in hastily the oat- meal. Stir until the mixture thickens, and then stand it in the double boiler, where it will cook slowly for 30 minutes. Take it from the fire, add the milk, the salt, and when luke- warm, the yeast cake dissolved in a cupful of cold water. Add slowly, stirring all the while, sufficient whole wheat flour to make a dough. This bread is better if a little moist. It must be stirred and beaten rather than kneaded on a board. When it is too stiff to drop from the spoon, scrape down the sides of the bowl, cover and stand in a warm place for 3 hours. Then add just a little more flour, mix again, and pour into 3 greased square pans. Stand in the warm place for 1 hour more. Bake in a moderate oven for three quarters of an hour.—Mrs. S. T. R.

(The friend who sent this recipe in did not measure her whole wheat flour, so we cannot get the total cost of the bread, or be so sure in making it, as though we knew just exactly how much flour she put in. However, it is too valuable a recipe to lose. It is certainly most wholesome, and it sounds good. Let us try it.)

Oatmeal Bread.

	Cost.
1 c oatmeal.....	\$0.0194
3 c flour.....	.0423
$\frac{1}{2}$ t salt.....	.0002
3 t baking powder	.0063
$1\frac{1}{2}$ c milk	.0402
Gas to bake 40 minutes.....	.0150

Cost of 2 loaves.....\$0.1234
Or about $6\frac{1}{2}$ c loaf.

Boil the oatmeal in one and a half pints of salted water for one hour. Then dilute it with the milk and set away to get perfectly cold. Sift together flour, salt and powder. When oatmeal is cold place in bread bowl, add the flour, etc.; mix smoothly together, pour into greased tins and bake in moderate oven 40 minutes. Protect with paper the first 20 minutes. This makes two loaves.—Mrs. George Spencer.

Oatmeal Mush Bread.

	Cost.
1 pt. cold oatmeal porridge	\$0.0166
1 c granulated corn meal	.0283
$\frac{1}{2}$ lb. dates	.0875
1 c milk	.0268
$\frac{1}{4}$ t salt	.0001
4 eggs	.1600
Gas	.0139

Total\$0.3332

Put the cold oatmeal and milk into a double boiler over the fire, when hot stir the corn meal in slowly. Cook until the mixture begins to thicken, take from the fire, add the yolks of the eggs, one at a time, stirring all the while, then fold in carefully the well-beaten whites, and pour the mixture into a greased shallow baking pan, the bottom of which has been covered with chopped dates. The whole should not be over a half inch in thickness. Bake in a moderate oven for a half hour. This is one of the most delicious of the quick breads, and is easily digested and wholesome if properly made. It must be crisp on top and not over $\frac{3}{4}$ of an inch in thickness when done. It may be used as a bread, or dessert at lunch. It is very palatable and wholesome served with milk or cream.—Mrs. S. T. R.

(When eggs are not so dear as at present this bread would not be so expensive. But it is ideal from a conservation standpoint, even now.)

Oatmeal Gems.

	Cost.
1 c rolled oats	\$0.0164
1 c flour.....	.0141
1 c sour milk.....	.0063
1 t soda.....	.0007
$\frac{1}{2}$ t salt.....	.0002
1 t grease for tins.....	.0031
Gas, 20 minutes	.0190

One dozen gems cost.....\$0.0598

Soak the rolled oats over night in

1 c cold water. In the morning add sour milk with soda dissolved in it, then the flour and salt. Bake in well greased gem pans. This makes one dozen wholesome gems.—Mrs. G. S. Spencer.

Oatmeal Scones.

	Cost.
1 pint left-over porridge.....	\$0.0166
$\frac{1}{2}$ c milk	.0134
$1\frac{1}{2}$ c whole wheat flour.....	.0222
1 t baking powder	.0021
Gas, 15 minutes	.0029

Total\$0.0572

Sift the flour and baking powder gradually into the cold porridge and milk, mixing all the while. When the dough is well mixed, turn it out on the baking board and roll to a sheet a quarter of an inch thick. Cut with a round cutter, and bake on a greased griddle gradually and put it to one side of the stove where the scones will bake slowly. If sticky, you have not added sufficient flour; if dry, too much. Be careful not to get in too much flour, or the scones will not be light. If the batter is too thin to roll, drop them by spoonfuls on the griddle.—Mrs. S. T. R.

BRAN BREADS.**Honorable Mention.****Bran Breads.**

This is the finest loaf of its class (the brown breads in general.) It has a medicinal value, is exceptionally palatable, and is not so high-priced as some:

Bran Bread.

	Cost.
2 c whole wheat flour	\$0.0296
2 c sterilized bran.....	.0278
Raisins, 6 loaves to pkg.	.0250
$\frac{1}{2}$ c molasses	.0212
1 t soda	.0007
$1\frac{1}{2}$ c sour milk	.0094
$\frac{1}{2}$ t lard for greasing pan....	.0015
Gas heat for 1 hour	.0255

One loaf\$0.1407

Sift soda with whole wheat flour and mix remaining ingredients. Bake one hour in a slow oven. This is a very fine bread for laxative purposes.—Mrs. J. Williams, 424 $\frac{1}{2}$ College street, city.

Bran Bread.

	Cost.
2 c sterilized bran.....	\$0.0278
2 c white flour.....	.0282
1 c raisins.....	.0500
2 T brown sugar.....	.0052
1 T molasses.....	.0027
2 c sour milk	.0126
1 t soda.....	.0007
$\frac{1}{4}$ t salt	.0001
Moderate oven, 1 hour	.0286

Cost of bread.....\$0.1559

Dissolve soda in part of the sour milk and mix all the ingredients to-

gether. Bake in moderate oven one hour.

These recipes are good and true when made with care, and I will gladly help any one who wishes assistance.—Mrs. C. G. C.

Bran Bread.

	Cost.
2 c sour milk.....	\$0.126
2 t soda	.0014
1 c brown sugar.....	.0417
1 t salt	.0003
1 c rasins.....	.0500
2 c bran.....	.0278
2 c whole wheat.....	.0296
Gas, 1 hour, to bake.....	.0255

For one large loaf.....\$0.1887

Two cups sour milk, 2 level teaspoonfuls soda, 1 cup brown sugar, 1 teaspoonful salt, 2 cups bran flour, 2 cups whole wheat flour, 1 cup raisins, over which pour boiling water and let stand for ten minutes, then drain and cut in halves. Save out one cup of flour to mix with raisins to add last. Dissolve soda in a little hot water, add to sour milk and stir. Add sugar and salt, then flour. Beat thoroughly. Bake very slowly for 1½ hours. This makes loaf about 4½ inches high in 5x9-inch tin.—Mrs. H. O. Hickox.

Bran Gems.

	Cost.
2 T sugar.....	\$0.0052
1 R T compound.....	.0186
1 egg	.0400
½ t salt	.0002
2 c buttermilk	.0188
2 t soda.....	.0014
2 c bran.....	.0278
1 c flour.....	.0141
Gas to bake 20 minutes	.0190

16 gems cost.....\$0.1451

Or about 10½ cents per dozen.

Add to common ingredients prepared as given in muffins:

- 2 c buttermilk,
- 2 t soda,
- 2 c bran,
- 1 c flour.

Dissolve soda in buttermilk, stir well, add bran and flour, beat thoroughly. Bake 20 minutes in hot oven. Makes 16 gems.—Mrs. L. M. Welch.

Bran Gems.

	Cost.
1½ c sour milk (10c gal.)	\$0.0094
1 c flour	.0141
2 c bran.....	.0278
3 T molasses.....	.0081
1 t soda	.0007
½ t salt	.0001
1 c chopped rasins.....	.0500
Gas, 20 minutes.....	.0190

Makes 24 gems for.....\$0.1292

Or about 12½c per dozen.

One and one-half cupfuls sour milk, 1 cupful white flour, 2 cupfuls bran, 3 tablespoonfuls molasses, 1 teaspoon-

ful soda, ½ teaspoonful salt, 1 cupful chopped raisins.

Dissolve soda in sour milk, add molasses and salt. Stir raisins through flour and add bran. Then beat all together thoroughly and bake in well-greased gem pans for 15 minutes in medium oven. This makes about 24 good-sized gems. I do not like too large a gem, as they do not have a well-done taste and take longer to bake.—Mrs. H. O. Hickox.

HEALTH BREADS.

Norwegian Health Bread.

	Cost.
1 pint barley meal	\$0.0350
½ pint graham	.0148
½ pint flour	.0141
1 t salt	.0003
2 t baking powder	.0072
1 pint of milk	.0535
Gas, 40 minutes.....	.0380

Total

Sift together barley meal, graham flour, salt and baking powder. Mix into a firm batter with the milk. Pour into a greased pan and bake in a moderate oven 40 minutes; cover with a greased paper the first 20 minutes. This bread is especially adapted for use by dyspeptics.—Mrs. George Spencer.

Rice Bread.

	Cost.
1 c rice.....	\$0.0500
½ pint milk	.0267
3 c sifted flour	.0423
1 t sugar	.0009
½ t salt	.0001
2 t baking powder	.0072
1 t lard for greasing	.0052
Gas, 40 minutes.....	.0380

Cost for 1 loaf.....\$0.1704

Boil one cupful of rice in a pint of water; when tender add half pint milk; when cold, add one and a half pints of sifted flour with a teaspoonful of sugar, half teaspoonful of salt, two teaspoonfuls of baking powder. Mix together smoothly, pour into greased tin, and bake 40 minutes in moderate oven.—Mrs. George Spencer, 1260 East Davis street.

Dr. Wiley's Whole Wheat Bread.

	Cost.
1 pint clabber milk	\$0.0125
1 t soda	.0007
½ c molasses	.0212
1 t salt	.0003
4 c whole wheat flour.....	.0296
Gas, 1 hour.....	.0255

One loaf costs.....\$0.0898

Bake very slowly. Makes sheet 8x12x1½, or may be baked in a loaf. Put together in order named. The dough is quite thick and needs to bake very slowly.—Mrs. J. L. Ringo, 819 East Burnside street.

NUT BREADS.

	Cost.
3 c sifted flour	\$0.0423
4 t baking powder	.0144
1 egg	.0400
1 c milk	.0268
1 t salt	.0003
$\frac{1}{2}$ c sugar	.0208
1 c walnuts	.1250
Gas, 45 minutes	.0189

1 loaf bread costs\$0.2885

Three cupfuls sifted white flour and 4 teaspoonfuls baking powder, 1 egg, 1 cupful milk, 1 teaspoonful salt, $\frac{1}{2}$ scant cupful sugar, 1 cupful walnuts chopped fine, or $\frac{1}{2}$ cupful nuts and $\frac{1}{2}$ teaspoonful lard rubbed in flour. (I have used both ways.) May be baked at once or let rise in warm place about one hour, then bake 45 minutes slowly.—Mrs. H. O. Hickox, 689 Irving street, city.

Nut Bread.

	Cost.
4 c graham flour	\$0.0592
$\frac{1}{2}$ c white flour	.0070
2 c buttermilk	.0188
1 c brown sugar	.0417
1 t soda	.0007
1 t salt	.0003
2-3 c walnut meats	.0832
Gas, 40 minutes	.0220

One loaf costs\$0.2329

This bread is easily made. Mix as you would a cake; make into a loaf and bake 40 minutes in moderate oven.—Mrs. G. S. Spencer.

Whole Wheat Nut Wafers.

	Cost.
1 qt. whole wheat flour	\$0.0592
1 c peanut butter	.1000
$\frac{1}{2}$ t soda	.0004
Gas to bake 15 minutes	.0029

\$0.1625

Put the soda and the nut butter in a bowl, add a cupful of warm water, mix and add the flour. Knead well, roll very thin, cut in strips and bake in a moderate oven until crisp and dry.—Mrs. S. T. R.

(This is more of a conservation recipe than an economical one.)

ENGLISH NUT AND RAISIN BREAD

	Cost.
$\frac{1}{2}$ c sugar	\$0.0208
$\frac{1}{4}$ c Pearl shortening	.0327
1 c skim milk	.0062
2 t baking powder	.0072
$\frac{1}{4}$ c nuts	.0312
$\frac{1}{4}$ c raisins	.0125
1 egg	.0400
2 c Crown flour	.0282
Fuel, $\frac{3}{4}$ hour	.0408

For 1 medium loaf.....\$0.2191

Cream sugar, shortening and egg. When it is a cream add the milk. Chop raisins and nuts and mix them

thoroughly. Add flour. Beat egg and add to the mixture. Beat thoroughly. Add baking powder. Put in tin and let raise $\frac{3}{4}$ hour. Then bake in medium oven $\frac{3}{4}$ hour.—Mrs. W. H. England, 444 East Oak street, city.

This English bread was very fine. the only faults were the price and richness. I give the recipe, as it would take the place of small cakes, etc., at a very much cheaper price.

Second Prize.

For the best loaf of any other kind of bread than white, or "war bread."

Raisin Bread.

	Cost.
1 cake Fleischmann's yeast ...	\$0.0250
1 c sugar	.0141
1 t salt	.0003
2 T melted lard.....	.0188
1 egg	.0400
1-3 lb raisins	.0500
1 pt. water	.0000
$\frac{1}{2}$ c milk	.0134
2 lbs. flour.....	.1126
Gas, 50 minutes.....	.0212

For four loaves.....\$0.2954

For one loaf, $8\frac{1}{4}$ cents.

Soak yeast cake with one teaspoonful of sugar in lukewarm water, scald milk and cool. Stir into this mixture part of the flour, beat well, set to rise one hour, then add rest of ingredients. Knead well, set to rise again. When light make into four loaves, bake in hot oven 10 minutes, then turn gas down as low as possible and bake 40 minutes.—Mrs. G. Spencer.

Raisin Bread.

	Cost.
2 $\frac{1}{2}$ c flour.....	\$0.0352
1 c yeast	.0027
1 T lard.....	.0094
$\frac{1}{2}$ c sugar	.0208
$\frac{1}{2}$ c raisins	.0250
Bake with gas	.0192

Total cost for 1 loaf.....\$0.1087

Make sponge with yeast and $\frac{1}{2}$ of flour, beat well, add rest of ingredients and 1 teaspoonful cinnamon if liked. Knead well, let rise until light, put in pan, let rise one hour and bake 45 minutes.—Mrs. F. M. Taylor.

GINGER BREAD.

	Cost.
1 c hot water	\$0.0000
1 c molasses.....	.0424
1 c sugar	.0417
1 t soda	.0007
1 t ginger	.0083
1 T melted lard.....	.0094
2 c flour.....	.0282
Gas (medium, 1 hour)	.0255

Total\$0.1562

Dissolve soda in hot water, add molasses, sugar, lard, salt, ginger and flour, stirring well.—Mrs. J. L. Ringo.

Whole Wheat Ginger Bread.

	Cost.
1 c molasses.....	\$0.0424
1 t soda.....	.0007
1 c sour milk.....	.0063
$\frac{1}{2}$ c sugar.....	.0208
1 T lard.....	.0094
1 T ginger.....	.0250
$2\frac{1}{2}$ c whole wheat.....	.0370
Gas, 1 hour.....	.0255

Makes sheet $8 \times 10 \times 1\frac{1}{2}$\$0.1671

Put ingredients together in order named. Raisins or nuts may be added.
—Mrs. J. L. Ringo, 819 East Burnside street, city.

Ginger Bread.

	Cost.
1 c brown sugar.....	\$0.0417
1 c sour milk.....	.0063
$\frac{3}{4}$ c molasses.....	.0318
2 eggs.....	.0800
1 T cinnamon.....	.0250
1 T ginger.....	.0250
$\frac{1}{2}$ c drippings (lard).....	.0750
$2\frac{1}{2}$ c flour.....	.0352
1 c raisins.....	.0500
1 t soda.....	.0007
Gas (moderate) 25 minutes....	.0106

One loaf costs.....\$0.3813

To Make Ginger Bread.

Into 1 cupful of sour milk put 1 cupful molasses, add to this 1 teaspoonful soda dissolved in 1 tablespoonful hot water, stir until thoroughly mixed. Next add 1 cup sugar, 1 tablespoon each cinnamon and ginger and two well beaten eggs. Have a cup of raisins to mix in $2\frac{1}{2}$ cupfuls of sifted flour. Stir in and last add $\frac{1}{2}$ cupful melted butter or drippings. (I use the drippings.) This is baked in moderate oven for 25 minutes. Makes 8×12 inch pan $2\frac{1}{2}$ inches full.
—Mrs. H. O. Hickox, 689 Irving st.

Green Corn Muffins.

	Cost.
2 c canned corn.....	\$0.1500
$\frac{1}{2}$ t salt.....	.0002
1 T butter.....	.0156
3 eggs.....	.1200
2 c milk.....	.0536
3 c flour.....	.0423
2 t baking powder.....	.0042
1 T compound.....	.0093
Gas to bake $\frac{1}{2}$ hour.....	.0128

Cost.....\$0.4080

Cut the rows of corn down through the middle and scrape out the pulp with a knife. To two cups of corn add one saltspoonful of salt, one tablespoonful of butter, the beaten yolks of three eggs, two cupfuls of milk, three cupfuls of flour, in which two teaspoonfuls of baking powder have been sifted. Mix thoroughly, add

carefully the whites of eggs, beaten stiff. Have pop-over irons heated and greased, half fill with the mixture. Bake in a quick oven for half an hour, and eat at once.—Harriet G. West.

THE CONSERVATION OF BREAD CRUMBS.

In a recent Ladies' Home Journal, Mrs. Anna B. Scott gave some good advice on saving every crumb, from which we quote:

"It doesn't sound reasonable, does it? The bare words, 'a crust of bread,' call to our minds a picture of the verge of starvation. Literature speaks of crusts of bread as the extreme lowest limit in the scale of foods. And so we have come to regard these crusts as something rather to be despised in the economy of the household.

"And stale bread! It is scarcely more highly regarded. Everybody demands fresh bread, and there is nothing but pity for the person who must use stale bread for the sake of his stomach.

"Crumbs too? Why, crumbs are mere debris in 90 per cent of the kitchens. Did you ever think to save the crumbs from the bread board? There are housekeepers who would be ashamed to be caught in the act of conserving these tiny crumbs!

"Now think of the economy that would result from the utilization of these crusts and crumbs and the stale bread. A statistician probably would figure it out away up in the millions per annum for the United States, but you can figure it out yourself in your own household.

"In these days when the cost of food is getting higher every day, every little bit counts—even the crumbs—and so following are a few recipes for their uses in this wartime."

And then gives seven recipes for using up bread crumbs economically. Two of these recipes come within the scope of our work this week, and we will analyze them to see just how economical they are—the first is:

Bread Fritters.

	Cost.
1 cupful bread crumbs (4 oz.).....	\$0.0150
1 c flour.....	.0141
$\frac{1}{2}$ c milk.....	.0134
$\frac{1}{2}$ c nice stock.....	.0000
1 egg.....	.0400
1 T baking powder (50c).....	.0107
$\frac{1}{2}$ t salt.....	.0003
2 T lard for frying.....	.0188
1 R T sugar for sprinkling.....	.0052
$\frac{1}{2}$ t cinnamon.....	.0042
Gas, 25 minutes (?).....	.0190

Total.....\$0.1407

Consult The Telegram Market Page for Stock Reports

The number of fritters this makes is not given, but the ingredients would make about one dozen gems or muffins if baked that way. So we find a total cost here of about 19 cents for a food value of one dozen muffins—and done in the name of economy, to save exactly $1\frac{1}{2}$ cents worth of bread crumbs and crusts. Here are the directions:

Cover the dry bread with cold water for 10 minutes; press between the hands until dry; put into a bowl with the milk, rice stock, salt and the egg well beaten; mix well, then sift the flour and baking powder in and mix lightly. Bake on a well-greased hot griddle, making the fritters about the size of a fried oyster. Sprinkle with sugar and cinnamon or serve with jelly or fruit butter.

Bread Crumb Muffins.

Cost.

She also gives this recipe:	
1 c flour.....	\$0.0141
1 c bread crumbs.....	.0150
$1\frac{1}{4}$ cup milk.....	.0468
2 eggs.....	.0800
1 T melted butter.....	.0156
1 t baking powder.....	.0107
$\frac{1}{2}$ t salt.....	.0002
1 t butter for greasing tin.....	.0032
Gas for baking 20 minutes.....	.0190

Total cost of 20.....\$0.2046

Cost per dozen, 13 cents.

Soak the bread crumbs in the cold milk for ten minutes; add the sifted flour, baking powder and salt, the eggs, well beaten, and the butter; mix well. Heat the muffin tins, brush with a little butter and put one tablespoonful of mixture into each tin. Bake for from 20 to 25 minutes in a hot oven.

Again the number the recipe makes is not given, but we have here the same flour and crumbs, but $1\frac{1}{4}$ as much liquid as in the preceding recipe. The one extra egg will thicken this and give us more bulk, so we will say that this recipe makes about 20 muffins. Thirteen cents per dozen is not bad for muffins, but can hardly be called economical as a bread substitute, as they do not take the place of over one-half a loaf of toasted bread, or 3 cents in value, and in doing this we only save 1 cup or 4 ounces, or $\frac{1}{4}$ pound of bread, or a value of $1\frac{1}{2}$ cents at 6 cents per loaf, which our economically made home-made bread averages. Muffins that cost even 13 cents per dozen are not an economy. We are getting some surprising results in our accurate figuring of all these recipes. One thing that we cannot help facing and acknowledging is that, at present, patriotism and the family living expenses need adjustment on the question of bread economy.

Our government wants us to use

less flour, to substitute something else for flour, but our family incomes hardly meet the cost of the present prices of food, and we find that each and every substitute we can use in making bread, rolls, etc., costs more than wheat, except cooked rolled oats costing \$0.0049 per cup and cooked corn meal costing \$0.0074 per cup, both of which absorb so much water that they are rendered about half the price of flour as a substitute.

We are hoping that the government will soon take charge of these flour substitutes, especially corn meal and rye or barley, and fix a lower price. It seems to me if one substitute were decided upon and the price arbitrarily lowered, so that every one would use that one, the demand for it would be so great that the increased quantity used would lower the price of production so that the mills would make a good profit.

Saving Bread Crumbs.

In regard to saving bread crumbs. The first and best suggestion I can make is not to have any. Eat all your bread up as you go along. Any little crumbs that accumulate from cutting and crumbling can be put at once into the soup or into the potatoes you are frying, etc., and kept used up from meal to meal. An excellent suggestion along this line is an answer Mr. Hoover made to a lady who asked him: "How can I, in any way, save white flour in my small household?" He said:

"An easy way to save flour is in the way you serve bread. Cut at the table, slice by slice, as it is wanted. Save the uneaten ends of the loaf, convert into crumbs and use them in puddings, breakfast cakes and muffins."

But there is no use of there being uneaten ends of fresh bread. The crust of bread is the best and most wholesome part, and the eating of it is simply a matter of habit. I understand that one great reason we have so increasingly much need of dentists is that we are really getting too lazy to bite and chew solid food. (When you really come to think of that, what expresses our feeling so well as the current slang, "Isn't that the limit" of laziness.)

But sometimes a little stale bread gets ahead of some of us, and then the best way I know of is to roll or grind it fine, dry thoroughly and put in a covered can, and it will keep indefinitely for escalloped dishes, rolling meats, dressings, etc. I never have half enough on hand.

Here are some suggestions from a visitor to our kitchen that seem to me far more economical and practi-

cally useful than anything I have seen in the magazines:

It is a good plan to save all pieces of left-over bread, etc., in two paper bags, white bread in one and cake, toast, doughnuts and brown bread in the other. These may be dried in the oven, then run through the food chopper and put away in covered tins till wanted.

The light colored crumbs may be used for souffles and light puddings, and the dark crumbs for spice puddings and brown bread. A few bread crumbs added to leftovers, when making them into croquettes, increase their lightness and bulk, and if sifted the fine ones cannot be excelled for rolling the croquettes. They may also be used for rolling oysters and clams for frying, and also to make a nice brown crust on top of any of the various scalloped dishes, or on boiled ham.

When eggs are high and scrambled eggs are wanted, bread crumbs again come to the rescue; here they add lightness and quality without detracting from the flavor or quality of the dish.

In cooking this popular dish, use fewer eggs and a little more milk, and as soon as the eggs are set use up the excess moisture with finely crumbled centers of stale bread. Do not use crusts or heels. The presence of the bread in this dish can hardly be detected.—Amy B. Westbrook, 1540 Salem avenue, Albany, Or.

In regard to the last suggestion, I have used this recipe for years and it is excellent: 4 eggs, 1 cup sweet milk, 1 cup fine bread crumbs, $\frac{1}{2}$ t salt, pepper or other seasoning to taste. Stir smooth and cook in shortening in the spider, like scrambled eggs.—Aunt Prudence.

Economy in Wartime.

Is the title of a little English book from which we quote:

"The food problem is becoming more and more serious every day, as we hear of prices mounting up. The men of England are fighting for their country's honor, our glorious navy is guarding the seas, but there is another battle which has to be fought by those who remain at home—they too must be fighting by helping to keep the food supply going. And this is a fight in which the women of England must take a very large share, for they are the housekeepers of the English nation—and to a great extent they are the guardians of the nation's food."

Women of America—does not this sound like a call to arms? Can we not rally, as the German women and the French women, and the English women have done, and do the one thing our country is calling on us to

do—in conserving the food supply of our own loved land. If we never thought much about economy before, let us begin to think—and act—now, today. As a homely and practical example of what we can do, let's begin with some recipes for griddle cakes that were sent in recently. I'll omit the name of the sender, but I know she is a kind and intelligent lady who was trying to be helpful to other women by sending these recipes, and they will be very helpful to all if they cause us to subject our own recipes to close scrutiny to see whether they cost exorbitantly. I am perfectly sure that this lady had no idea that hers do. Here is her recipe for—

Hot Cakes.

	Cost.
1 pt. bread crumbs	\$0.0300
3 c milk	.0804
2 eggs	.0800
1 pint flour.....	.0296
2 R T baking powder b....	.0144
Fuel to bake 15 minutes.....	.0190

For 1 quart of batter.....\$0.2534
Soak 1 pint of stale bread crumbs in three cups of milk; beat into this two eggs, 1 pint of flour and two heaping teaspoonfuls of baking powder, and bake on a hot griddle.

Griddle Cakes.

	Cost.
1 c bread crumbs	\$0.0150
1 c milk	.0268
$1\frac{1}{2}$ c flour.....	.0282
2 t baking powder	.0072
2 T sugar.....	.0052
1 t salt	.0003
1 egg	.0400
Fuel 15 minutes.....	.0190

About 1 pint batter.....\$0.1365
Or 26 cents per quart.

Four boiling water over 1 cupful of bread crumbs, and let it stand while the other part is being prepared.

Add one cupful of milk to the crumbs, then $1\frac{1}{2}$ cupfuls of flour sifted with two teaspoonfuls of baking powder, 2 tablespoonfuls of sugar and 1 teaspoonful of salt. Add 1 egg last, and bake on hot griddle. Serve with hot syrup.

Here are two recipes for a quart of batter, one costing 25 cents the other 26 cents. The number of cakes they make, of course, depends on the size of the cakes, but we can use the quart of batter as a standard of comparison.

To show variations in cost and in ingredients used here is a recipe costing 8 cents per dozen for pancakes:

Bread Crumb Pancakes.

	Cost.
1 c bread crumbs.....	\$0.0150
$\frac{1}{2}$ c milk.....	.0134

1 egg.....	.0400
1 t salt.....	.0003
1½ t sugar.....	.0036
2 t baking powder.....	.0042
1½ c flour.....	.0211
1 t drippings.....	.0016
Gas for baking, 15 minutes....	.0190

20 cakes cost.....\$0.1182
Or 7 cents per dozen.

Over 1 cupful of bread crumbs (left-overs toasted and crumbled), pour one cupful of boiling water; let cool a little; add 1½ tablespoonfuls sugar, 1 teaspoonful salt and 1 beaten egg. Sift 2 teaspoonfuls baking powder with 1½ cupfuls flour, and beat in mixture. Add half cupful of milk, Half teaspoonful drippings added at last helps to make them crisp. This makes a good quart of batter, and baking four cakes on a griddle at a time, makes about 20 cakes, as nearly as I can remember. They are delicious.—Mrs. H. O. Hickox.

Here are two recipes for cakes costing about 3 cents per dozen:

Pancakes.

	Cost.
3 cups buttermilk.....	\$0.0282
1 large teaspoonful soda.....	.0007
½ teaspoonful salt.....	.0002
2 cups flour.....	.0282
1 T sweet milk.....	.0017
Stove heat about 15 minutes....	.0190

About 1 quart of batter.....\$0.0780

Makes about 25 pancakes.

Dissolve soda in a little warm water and add to the milk. Then add salt and gradually beat in the flour; when smooth batter is made, beat in sweet milk and bake on a hot griddle.—Mrs. Minard.

Sour Milk Pancakes.

	Cost.
1 c sour milk.....	\$0.0063
1 t soda.....	.0007
½ t salt.....	.0002
1 t sugar.....	.0008
¾ c flour.....	.0106
Gas, 15 minutes.....	.0190

12 cakes cost.....\$0.0376

Mix all dry ingredients, dissolve soda in milk and beat well. If necessary thin with water. By adding ½ cup chopped corn or cooked rice and using Mapeline syrup you have a delicious breakfast dish.—Mrs. Welch.

Farm women make buttermilk pancakes, and never dream of adding an egg or baking powder, etc. Truly, I never put an egg or a teaspoonful of baking powder in pancakes in my whole life. Here are some of my recipes as near as I can figure them out here at my desk. (That is the best I can do now, as I haven't time to make them).

Sour Milk or Buttermilk Cakes.

	Cost.
1¼ c flour.....	.0176
½ t salt.....	.0002

2 t soda.....	.0014
Fuel, gas, 15 minutes.....	.0190

For 1 quart batter.....\$0.0763

Your sour milk may be thick or thin—that will make a difference in the flour you will need—and your family may like delicate, thin pancakes or hearty thick ones, which will also make a difference in the amount of flour needed. You can use any flour, buckwheat, whole wheat, Graham, cornmeal, white flour, etc., or, what I always use, a combination of various flours and leftovers, soaked bread crumbs, cold pancakes left from yesterday soaked up in hot water and mashed fine; the rinsings of the molasses cup or syrup pitcher; the scrapings from the bread board, an extra egg yolk, the little dab of oatmeal left from breakfast, the mashed cold mush, a broken cookie or piece of sponge cake, a few tablespoonfuls of milk—the enumeration is endless, just what you happen to have left over in the line of breads or meals or sugars or milks of any kind. The "trick" is—and it is a trick that can only be learned by practice—it is in adding just the right amount of perfectly dissolved soda, no more, no less. No recipe can give this, for it depends on how sour your milk was to begin with, and how much it has soured by being in a warm or cool place since your pancakes were mixed. As many years as I have made pancakes I never bake them at any time without putting in a little soda, and baking a little to try, and adding more as needed, etc. It is a "cut and try" method and somewhat tedious, but I don't see how you can make perfect pancakes without. Perhaps right here is the reason so many women use baking powder and eggs—it is so much easier, and they are so busy; but that is our business just now, to take the longer and more painstaking road if it is the road to economy.

Another thing, be sure to "set" your cakes the night before, and beat them thoroughly, and they are more appetizing to be a little salt. Don't let them get very cold in winter, and warm the batter a little before you start baking. I know I'm saying too much about so simple a thing, but so few women seem to know how to make good and economical pancakes, and it is these little things that count.

If you haven't the sour milk or buttermilk, and don't care to buy it, you can "set" your cakes just as well with half a yeast cake in warm water and flour, etc. They won't be very good till the second morning, but are nearly as good as the others after that.—Aunt Prudence.

The Conservation of Meats

Meats to be Conserved

**Beef, Veal, Mutton, Lamb and Pork
in all forms**

These Are Conserved

II. By Restricted Use, Cooked with—

First—Vegetable Soups and Stews

Second—Fish and Sea Food

Third—Poultry and Wild Game

**Fourth—Cheese, Nuts, Cereal Grains
and Pastes**

I. By Substitutes, Using—

First—Vegetables

Second—Cereals, Grains, Pastes, etc.

Soups

Some Ancient Recipes for Foreign Soups.

General Directions for Making Soups.

Making Soup Stock—Stock for Consomme, White Stock, Stock
from Beef and Chicken, Stock from Bones, Bay Leaves.

The Use of Soup.

Economical Soup Making.

Western Recipes for—

Vegetable Soups
Bean Soups,
Tomato Soups
Celery Soup
Cream of Cauliflower
Cabbage Soup
Potato Soup
Carrot Soup
Split Pea
Salsify Soups

Fish Soups—Salmon, Herring and Halibut.

Peanut Soups.

Beef Soup.

The Soups Our Ancestors Made

Dear Friends: A few days ago I came across a quaint little book called "With a Saucepan Over the Sea," made up of the origin and history of much of our cooking, and it is so interesting I am going to copy a little of it today, and a few soups, centuries old, which I will not try to figure out in costs, as their interest to us is not in the cost, but in the antiquity of the recipes.

The author says: "Kings and queens, brave and fair, have supped on these, or have gone to battle or execution, thus and so. Starving peasants, lending glory to monarchy, through taxation and service, have invented certain soups and ragouts to eke out a sad and miserable life. Some dishes are peculiar to countries as a whole, their origin being obscure, although each was once known to a city or village or even a family, who kept it inviolate for centuries, and old housewives with manuscript books cherish recipes transmitted through generations.

"To anyone fond of good cooking it is fascinating to see what Marie Stuart, Napoleon, Marie de Medici, Louis XIV, Henry of Navarre, or Joan of Arc, ate. For what we eat we become; and food forms faces, even as the prevalent fashions of thought or dress mold the features and character."

(This last is interesting to consider—but the facts are that people who eat the same food are totally dissimilar. Yet perhaps the national pre-eminence of certain dishes does influence the national characteristics of people—or even of localities. Do you suppose that Boston baked beans can be what makes the people of Boston so superlatively wise—or do they get from them their peculiar accent? In regard to the last statement quoted from the book, I think we older people have all realized during the last six or seven years that the prevailing fashions in dress were influencing the character of our young girls, and consequently the boys as well—but I promised never to talk about the fashions, so we will return to these quaint old soups.)

Cocka Leekle (Scotland).

This is the oldest recipe known, as it dates back to the 14th century. Wash and trim one dozen leeks, cut them in pieces half an inch long, discarding roots and tops; then fry them in one ounce of butter, with two stalks of celery and one carrot, cut fine. When brown, but not burnt, add $1\frac{1}{2}$ cups of chicken broth and one cup of cooked chicken, cut into dice. Sim-

mer, covered, two hours; then add salt, pepper and yolk of an egg, blended with a little of the broth, first, before adding to the soup.

Queen Soup.

This is said to have been invented for Marie Stuart by the royal cook when she lived in France as dauphiness. It was a favorite with both Victoria and Napoleon Bonaparte. Cook 2 large onions with 2 pieces of celery, both cut up, in 2 ounces of butter. Add some parsley, thyme, and a bay leaf, 1 chicken cut into joints, and 2 quarts of water. Simmer for 4 hours. Take out the chicken, cut the meat off the wings and breast into dice, and keep the dark meat for croquettes or salad. Chop 1 dozen blanched almonds, the yolks of 2 hard boiled eggs and 2 slices of bread soaked in milk. Pound these with the meat and press through a sieve; add to the soup, strained, 1 cup of boiling cream or rich milk, salt, pepper and nutmeg. Serve at once, hot.

Soup Bonne Femme (Provincial France).

This is the broth of the farmer and peasant's wife, wholesome and nourishing. Wash, dry and cut up 2 large lettuces, 1 pound of sorrel and 1 pound of spinach. Add $1\frac{1}{2}$ quarts of good white stock and simmer, with $\frac{1}{4}$ pound of butter, 2 onions and 2 carrots, for one hour. Add a blending of 1 ounce of butter, 1 ounce of flour, the yolks of 2 eggs and a cup of boiling milk, salt and pepper. Press through a sieve and serve with croustons.

Liver Soup (Poland).

Cut $\frac{1}{2}$ pound of liver into slices, add a spoonful of flour, 1 ounce of butter and 1 onion, cut fine. Fry this and then pound it, add three slices of stale bread, in crumbs, salt and pepper and three pints of brown stock. Boil 20 minutes, press through a sieve, add yolk of 1 egg and some chopped parsley, and serve at once.

Calf's Head Soup (Recipe of the Hotel Star and Garter, Richmond, England).

Parboil and bone a calf's head. Put the bones and the meat, cut up, in 4 quarts of water with 1 ounce of flour, salt, pepper, a bay leaf, some parsley, a clove, 1 carrot and 1 onion. Cook four hours, take out the bones, cut the meat into dice, strain the soup, and the meat, 3 hard-boiled eggs, sliced, 1 dozen poached force-meat balls, made of some meat, bread crumbs, herbs and egg, and 1 lemon, cut in slices. Serve at once, hot.

Pepper Pot.

This dish is peculiar to Spain, but it was imported to Jamaica, whence the negroes took the recipe north. In Philadelphia there are several small restaurants, kept by darkies who are famous for pepper pot.

To 3 quarts of water add 1 pint of vegetables, cut up, any kinds, mixed, you happen to have, in equal parts, using beans, peas, celery, carrots, onions, rice, lettuce, etc., also potatoes; add 1 pound of mutton, 1 pound of salt pork and 1 pound of honeycomb tripe, cut up and fried in butter or suet, 1 bay leaf, 1 clove, parsley, thyme and sweet marjoram. Cook, closely covered, three hours. Set aside to cool, remove the fat, thicken with flour and butter and yolk of an egg, add salt and pepper, and serve very hot.

Lenten Broth (as Made in the Convents of France and Austria).

Cook 2 pounds of flounders or any white fish, cut up, with 1 carrot, 1 onion, 1 turnip, 2 pieces of celery and a bunch of herbs, with 1 quart of water, for 2 hours. Take out the fish, remove skin and bones and put the fish back again, add 1 pint of boiling milk, mixed with flour and butter, the yolk of an egg and juice of a lemon, salt, pepper and nutmeg. Press through a sieve and serve hot.

Tehi (Russian Soup).

Make 1 lb. of sausage meat into small balls and fry them brown. Chop 2 large onions and the heart of a cabbage, fry them in butter or suet, add 2 ounces flour, salt, pepper, parsley, and 3 pints of stock. Cook 1 hour, add the sausage balls and 1 glass of tarragon vinegar.

Creecy Soup (Flanders).

The Prince of Wales always eats a bowl of this every 26th of August, in memory of his ancestor, the Black Prince, and the battle of Creecy:

Wash, scrape and slice 12 fine young carrots, cook in 1 ounce of butter with 1 spoonful of chopped ham or bacon, 1 onion, 1 turnip, a bay leaf, parsley and sweet marjoram. Stir while cooking, add 1 quart of stock, simmer 2 hours. Press through a sieve, add salt, pepper and nutmeg and croutons.

Cucumber Soup (Greece).

Peel 4 large cucumbers, slice them and remove the seeds. Fry with 1 ounce of butter, add salt, pepper, a blade of mace, 1 pint hot milk, and 1 quart white stock. Cook 1½ hours. Thicken with flour and butter and press through sieve.

Turnip Soup (Northern Italy).

Pare, slice and fry 1½ quarts of turnips with 1 tablespoonful sugar, 2 ounces butter and 2 ounces flour. Add 1 pint of tomatoes, parsley, bay leaf and thyme. Simmer 1 hour, press through a sieve. Add 1 cup of hot beef stock and a tablespoonful of grated cheese, salt and pepper.

Potage Reunion (Invented for a Banquet of a Peace Congress).

Boil 1 pound of cooked salmon in 2 quarts of white stock for ½ hour. Add salt and pepper and a blending of 1 cup of milk, some flour, butter and yolk of an egg. Cook carefully 10 minutes longer; add 1 tablespoonful chopped parsley, a little nutmeg and salt. Press through a sieve, add 2 dozen small cooked oysters and serve at once.

Making Soups Now

Some simple fundamental directions for soup making in general may be acceptable to some of the younger housekeepers. Nothing is more economical and nourishing than good soup, and it is so easy to make if a very few underlying principles are understood.

First the utensils: The juices of meat are acid, hence it is not desirable to use either a tin or an iron kettle. Granite or aluminum is best. It should be large enough to allow boiling and skimming and have a tight-fitting cover.

Clear soup is strained through a colander, then through a fine wire sieve, then through double cheese cloth, if desired.

Always use cold salted water, and let the meat soak to extract the juice;

heat and cook very slowly for the same reason.

Much nourishment is left in the meat after all the juices are extracted and it should always be chopped or ground and used for hash, curries, meat balls, pressed meats, etc.

In skimming the soup stock you skim off the coagulated albumin, which has a food value and is lost. This is to make the soup clear and is done for looks only. The albumin is as clean and good as any other part of the soup, and is used in all but the clear soups.

Soups may be classified as: First, those containing considerable nourishment, as thick milk soups; second, the clear soups containing vegetables, moderately nourishing; third, the thin clear soups, containing the stimulating elements of the beef; without

nourishment, as stock, consomme, bouillon, and, fourth, the cold fruit soups, used only in the summer at the beginning of a luncheon; but these are rather heavy and unhygienic, and little used by ordinary housewives. The perfectly clear soups and those containing bits of vegetables are fashionably used for dinner soups, while the milk, or so-called "cream" soups are more often used for luncheon or supper where their nourishment is a decided factor of the meal while soup that begins a

dinner, of course, is not expected to contain as much nourishment.

Mrs. Rorer says:

"A clear soup is made either from fresh meat or from the bones from cooked meats. The latter method is recommended to those who wish to live well and economically."

Bouillon is a light, clear soup served in cups at the beginning of a luncheon.

Consomme is the most expensive and most tasty of all clear soups; it is always used as a dinner soup.

Making Soup Stock

Soup stock is called "the foundation of all clear soups, and the very life and essence of all meat sauces." To make a perfectly clear stock use a shin of beef, meat and bone in proportion of one pound of meat to half a pound of bone. Wipe it carefully with a damp cloth; cut the meat from the bone and then into small blocks or pieces. Put into the stock kettle two tablespoonfuls of sugar and one sliced onion; stir over a hot fire until the onion and sugar brown and burn. Throw in the meat, keeping the kettle still quite hot; shake and stir the meat until it seems slightly scorched, then add the bones that have been well cracked, and five quarts of cold water; cover the kettle, bring slowly to boiling point and skim. Push the kettle now over a moderate fire where it will just bubble, not boil, for three hours. At the end of this time add one onion, into which you have stuck 12 whole cloves, a bay leaf, a sliced carrot, a few green tops of celery or a half teaspoonful of celery seed, and a saltspoonful of pepper. Cover and simmer gently for another hour. These vegetables may be saved and used for puree. A wire vegetable ball is a convenience. Now strain the stock and set it aside to cool. When cold remove every portion of fat from the surface, and it is ready for use. If carefully made this will be clear, brown, transparent, and when cold a thick jelly. The meat that is strained from the stock must not be thrown away, but put aside for making pressed meats, meat balls, etc.

Stock for Consomme.

This is made same as above except that a shin of beef and a "knuckle" or shin of veal are both used, and treated same as given for stock.

White Stock.

This is a term given to stock made from veal or chicken alone. The bones of roasted veal may be used, with cracked chicken bones, or a fowl and knuckle of veal may be purchased for a large entertainment.

Stock from Beef and Chicken.

This is one of the finest of all stocks. Purchase a fowl that can be used as a boiled fowl for dinner; draw and truss. Put the sugar and onion into the kettle as directed for stock. Cut the meat from the shin of beef into blocks; put it into the kettle until seared; then add the bones.

Arrange the chicken so that it will rest on these bones, add five quarts of cold water, bring to boiling point and skim. Simmer gently until the chicken is tender, then take it out for use. Continue cooking the stock for at least three hours; season and finish as in stock recipe.

Stock from Bones.

The economical housewife saves every bone left from the center of steaks, the bones from roasts, the carcasses of poultry and the liquid in which they have been boiled for the usual household stock for everyday soups. Crack all bones, cover with cold water and simmer gently for four hours. At the first boil, skim; at the end of the third hour add the flavorings as in plain stock. Select ironing or baking days for making stock when you use a wood stove to utilize heat. Stock may be kept in summer four or five days; in winter 10 to 12 days. The greatest essentials to keeping stock are: First, the removal of the fat; second, it must be cooled quickly after it is made. It will keep longer if vegetable flavorings are omitted, adding salt and pepper only.

Bay Leaves.

I wonder how many people know that bay leaves, so universally used in soup and in other seasoning, grow luxuriantly in Oregon. Reference books give the bay tree as growing in the United States only in some of the southern states, but the bay leaves I am using now I picked on the banks of the Rogue river, where literally thousands of these trees "flourish like a green bay tree." But it is only out in the Galice country, 15 miles west of Grants Pass.

The Soup Course

In regard to cutting down on courses, lessening the expense of a meal, I do not believe it does—but quite the reverse in our middle class families, where soup is used as part of our food, and not as an “appetizer” or stimulant of a jaded appetite, as a consomme often is in dinners of the very wealthy.

Again, if people waste part of each course it would cost more to have many courses, but if all of each course is eaten—or utilized for some later meal, I believe a five or six-course dinner may be cheaper than a one or two-course. Every person needs and eats a certain quantity of food for meat and vegetable course, and usually some kind of dessert anyway—and all workingmen's families need this as well as richer people—but if a cupful of light soup be taken first, and a little green vegetable with French dressing between the meat course and the dessert, they will take the place of just that much of the heavy, expensive meat course, or the expensive dessert, and make a more desirable meal at a less cost. All authorities agree that most people eat too much solid food. When they satisfy their appetite on meats and rich vegetables and sweets they overload their digestive organs. A light soup and crisp green vegetables help satisfy the appetite at a very trifling cost and save people from overloading their stomach with such hearty food. So I believe that soups and salads help in economy and health both, and using them with your dinner you can lessen the portion served to each person of meats and vegetables and desserts.

For instance, let us illustrate how cheap a delicious and nourishing soup can be made by this method of preparing:

Chicken Soup.

Cost.

A 3½-lb. chicken, cooked for dinner, soup	\$0.0000
3 quarts boiling water	.0000
1 medium sized onion (¼ c)	.0062
1 bay leaf	.0001
1 T cut celery (from tops rejected for table)	.0000
1 small carrot (2 T)	.0020
1 t salt	.0003
¼ t pepper	.0021
1 T flour	.0009
¾ c rice	.0078
Fuel (after the chicken is cooked) 1½ hours simmering	.0060
Cost	\$0.0254

For 2 quarts (8 c) of chicken soup made as a by-product.

Or a little over 3-10 of a cent a cupful.

Mrs. Rorer says: “Chicken soup should always be made as a by-product when stewing a chicken. In boiling meat we use boiling water, without salt; in making soup we invariably use salted cold water and heat slowly to extract the juice of the meat. But in this case the chicken must be put on in boiling water to retain the flavor and make it palatable. A weaker soup will result, but we have the addition of starchy food, etc., to increase its food value.”

Select a fowl a year or two old and prepare for cooking; put it into the soup kettle and cover with three quarts of boiling water; bring to the boiling point, and push it to the back part of the stove to simmer for an hour and a half. Then add an onion, a carrot, a bay leaf, a saltspoon of celery seed or chopped celery, a teaspoonful of salt and a saltspoonful of pepper. When the chicken is done remove it, and it might be well seasoned and browned in the oven, or fried in drippings before being sent to the table.

If the soup is not to be used until the next day, save all the chicken bones, and add them, cracked, with any scraps of chicken remaining to the soup. Now let the stock simmer until it is reduced to about two quarts, then press the soup through a colander, then through a fine sieve, rejecting all the carrot at first. Return it to the soup kettle, add the rice and cook until it is done. Add the flour rubbed smooth with a little of the stock and serve.

If you are serving rice with your chicken for dinner, you can use ¼ cup of bread crumbs instead of rice in the soup and, of course, it can be added if you think it is not rich enough, but it will be good as it is. You will get all the nourishment of the chicken in the soup and meat together, and the extra water will make a satisfying bulk, without overloading the stomach, as we are so prone to do in our company dinners.

OUR OWN RECIPES.

Here are some Portland soup recipes which seem very good and economical, costing 2 cents or less per plate:

One of the Great Features of The Telegram—
the Woman's Page

Vegetable Soup.

	Cost.
Soup bone	\$0.1000
$\frac{1}{2}$ pint tomatoes.....	.0267
1 carrot ($\frac{1}{2}$ c).....	.0075
1 medium onion ($\frac{1}{2}$ c).....	.0125
1 slice cabbage, or chopped celery (1 T).....	.0006
3 medium potatoes.....	.0188
1 t chopped parsley.....	.0000
$\frac{1}{2}$ c rolled oats, or rice.....	.0082
3 t salt.....	.0009
$\frac{3}{4}$ t pepper.....	.0063
Gas for simmering 5 hours....	.0200

3 quarts\$0.2015

Cost per quart, 6 2-3 cents.

Cost per cupful, 1 2-3 cents.

Put soup bone on in 4 quarts cold water, place on simmerer and cook about 5 hours. If there is much grease allow to cool, remove grease and use for frying purposes. When the meat has been boiling $1\frac{1}{2}$ hours, add the tomato. Add rolled oats the last hour of cooking, and vegetables run through grinder half hour before serving; also salt and pepper at this time. The parsley should be added just before serving. The meat I use in making hash.—Mrs. L. M. Welch, 1351 East Lincoln street.

Vegetable Soup Without Meat.

	Cost.
1 lb. potatoes.....	\$0.0250
$\frac{1}{2}$ c onion.....	.0125
$\frac{1}{2}$ c celery.....	.0071
1 c turnips.....	.0125
1 c carrot.....	.0150
1 c cabbage.....	.0094
1 lb. tomatoes.....	.0500
$1\frac{1}{2}$ t salt.....	.0005
$\frac{3}{4}$ t white pepper.....	.0010
3 sprigs parsley.....	.0000
1 small pinch summer savory..	.0001
Sweet marjoram, if available..	.0001
Gas, to simmer 2 hours.....	.0080
Water to cover well. Use that in which vegetables have been boiled if convenient.	

2 $\frac{1}{2}$ quarts soup, 10 cups.....\$0.1446

A large cup..... .0144

Wash and peel vegetables and chop very fine; put all on stove in cold water, cover tight. Simmer two hours.—Mrs. A. L. Veazie, 695 Hoyt street.

**Vegetable Soup.
(Second Prize.)**

	Cost.
2 cups carrots, diced.....	\$0.0300
1 cup onions, diced.....	.0167
1 cup potatoes, diced.....	.0100
2 cups cabbage, diced.....	.0176
1 cup turnips, diced.....	.0125
1 cup tomatoes, diced.....	.0332
2 t salt.....	.0006
3 quarts water.....	.0000
2 hours very low gas (simmering)	.0080
4 quarts soup cost.....	\$0.1286

1 quart costs $3\frac{1}{4}$ cents and 1 cupful less than 1 cent.

Prepare and dice all of the above vegetables. Put in a kettle and add the salt and water. Cook over a low fire for two hours. This soup being made without stock of any kind, is very economical and will be found especially attractive and appetizing when served with a little chopped parsley sprinkled on top.—Mary A. Morrison, 752 Montgomery Drive.

White Bean Soup.

	Cost.
1 lb. white kidney beans.....	\$0.1500
$\frac{1}{4}$ lb. onion.....	.0100
$\frac{1}{2}$ pint rich milk.....	.0300
3 t salt and cloves.....	.0100
1 egg	.0400
Fuel, 2 hours ($\frac{1}{2}$ use of stove)	.0300

Cost of 3 quarts.....\$0.2700

Cost of 1 quart, 9 cents; 1 cupful, 2 $\frac{1}{4}$ cents.

Soak beans over night, pour off water, place in double boiler with onion with cloves stuck in it. When both are very tender put through colander. Add salt and milk, reserving a bit of milk. When almost boiling, add water enough to make required quantity. Then add well beaten egg added to remainder of milk and serve very soon with croutons made of stale bread.—Mrs. Kittie Goodall Turner, Box 12, Route 3, Corvallis, Or.

Bean Soup (With Meat).

	Cost.
1 pint navy beans ($\frac{3}{4}$ lb. at 15c)	\$0.1125
1 t soda.....	.0007
5c worth pickled pork.....	.0500
2 t salt.....	.0006
1-16 t cayenne pepper.....	.0005
Dash paprika	.0001
Gas, simmering 3 hours.....	.0120

Cost\$0.01764

Bring beans and soda to the boiling point. Drain and rinse well. Then put on in 3 quarts of cold water, adding the pork scored through the rind in several places. Cook on simmerer about 3 hours, or preferably in fireless cooker. When nearly ready to serve dip out about 1 cup of the cooked beans and rub through a coarse sieve, allowing the puree to drop into the soup and rejecting the hulls. Stir well and serve with crusts of bread diced and browned slightly. $3\frac{1}{2}$ quarts cost \$0.1769, 1 cupful costs 1 $\frac{1}{4}$ cents.—Mrs. M. B. Rees.

Lima Bean Soup.

Soak a pint of dried lima beans over night, turn off water in morning. Put 3 pints of water on them and boil for two hours. Then rub through

colander. Put in kettle and add 1 pint milk. Mix 1 tablespoonful of butter with 1 tablespoonful of flour and add to soup; flavor with onion or chopped parsley, salt and pepper. The beaten yolks of 2 eggs may be added if you have them.—Mrs. W. W. Williams.

Dried Bean Soup.

	Cost.
1 pint beans.....	\$0.1750
1 large onion, minced fine....	.0125
4 T sweet drippings or lard....	.0624
3 T flour.....	.0027
1 T minced celery or dried celery leaves	.0027
1 t soda.....	.0007
½ t pepper.....	.0041
2 t salt.....	.0006
Gas for cooking, medium ½ hr.	.0057
Simmering, 4½ hours.....	.0019
4 quarts cost.....	\$0.2683
1 quart costs 6½ cents.	
1 cup costs 17-10 cents.	

Parboil beans with 2 quarts of water and 1 teaspoonful of soda for 20 minutes. Strain through colander, rinse through several waters, then put on to boil with 4 quarts of water. Place on simmerer, cook till tender, about 3 hours, add celery the last hour of cooking. Cook the onion and drippings in stewpan for half an hour. Drain the water from the beans (save this water), and put them in stewpan with the onion, then add the flour and cook half an hour, stirring often. At the end of this time wash fine and gradually add the water in which beans were boiled till like thick cream. May then rub through puree strainer, add salt and pepper and cook 20 minutes more.—Mrs. Welch.

Bean Soup.

	Cost.
1 lb. beans.....	\$0.2000
Small piece of bacon.....	.0500
1 large onion (½c).....	.0125
1½ t salt.....	.0012
1 t pepper.....	.0083
Heat for cooking with wood, 3 hours (½ heat).....	.0357

Cost for 4 quarts.....\$0.3121

Cost per quart, 7¾ cents; per cupful, less than 2 cents.

Wash beans well, cover with cold water and let come to a boil. Boil for about 10 minutes and pour off water, which takes away the strong taste of the beans. Then add fresh cold water and let boil briskly for about an hour. Then cut bacon into small pieces and add to the soup. Add water until you have about 4 quarts of soup, adding more as it boils away. Let simmer about 2 hours, add salt and about 15 minutes before serving cut an onion in small pieces and add to soup. Add pepper and paprika if liked. This makes a delicious, nourishing soup.—Mrs. H. H. Minard, 1236 Division street.

Tomato Soup.

	Cost.
1 c tomatoes.....	\$0.0267
1½ c milk.....	.0403
½ c water.....	.0000
1 T corn starch.....	.0016
1 T butter.....	.0156
1 t salt.....	.0003
¼ t pepper.....	.0021
1-3 t soda.....	.0002
Gas, 20 minutes.....	.0085

Cost for 2½ pints.....\$0.0952

Cost per cup, less than 2 cents.

Put tomatoes on, and when tender strain, add to it the butter, pepper and salt, and replace on fire. Boil the milk and water in a separate dish, add the corn starch, dissolved with a little cold milk. When both mixtures are boiling hot, add one-third teaspoonful soda to the tomato, stir well about five minutes or just to boiling and add at once to the milk, pouring gradually. Remove from fire at once and serve.—Mrs. Lulu M. Welch, 1351 East Lincoln street.

Cream of Tomato Soup.

	Cost.
1 quart cooked tomatoes.....	\$0.1068
1 T minced onion.....	.0016
1 quart water.....	.0000
1 quart milk.....	.1070
1 t soda.....	.0007
2 t salt.....	.0006
½ t pepper.....	.0042
1 T butter.....	.0156
2 soda crackers.....	.0080
Gas, 20 minutes, slow fire....	.0038

For 12 persons.....\$0.2483

Each plate of soup costs 22-23 cents.

Stew tomatoes, onions and water until soft; put through colander; add soda, allow to effervesce; add milk which has previously been brought to a boil, and salt, pepper and butter. Just before serving add crackers crumbled or rolled.

This is one of my most reliable recipes, and makes a delicious soup, "good enough for company."—Aunt Prudence.

Cream of Celery Soup.

	Cost.
1 lb. celery leaves and outside stalk, figured at half price..	\$0.0333
1 quart milk.....	.1070
1 T butter.....	.0156
2 T flour.....	.0018
1 hour on wood stove, half space used	.0204

Cost, 2 quarts.....\$0.1781

One quart costs 9 cents, or 2¼ cents per person.

Cover leaves and stalks to be used with cold water, simmer until tender or about 40 minutes. Put through colander, add water, if necessary, to make one quart. Heat milk, add flour, creamed with a little cold milk. Cook five minutes. Pour into celery stock, add butter and serve.—Mrs. F. N. Taylor, 5511 Fifty-second avenue S. E.

Cream of Cauliflower Soup.

	Cost.
Cauliflower leaves and core.....	\$0.0000
1 quart milk less some of the cream	.1000
1 T flour.....	.0009
1 T butter.....	.0156
1 t salt.....	.0003
Dash of cayenne pepper.....	.0001
Gas	.0041

3 pints or 6 cups for.....\$0.1210

One cup costs 2 cents.

Cook the finely chopped inner leaves of fine cauliflower, using all tender ribs and tender core of large stem in about 1 quart of water till very tender, simmering in uncovered vessel. Rub through coarse sieve. Melt butter in double boiler, add flour, cook a moment, adding a little of the milk and stirring till smooth. Then add the rest of the milk and the cauliflower puree, and when hot serve. This makes about three pints; 2 cents per cup.—Mrs. M. B. Rees.

Cabbage Soup.

	Cost.
1-3 lb. lamb shoulder.....	\$0.0500
Liver worth	.0500
½ cup onions.....	.0125
2 cups chopped cabbage.....	.0188
2 cups potatoes.....	.0200
2 t salt.....	.0006
2 T flour.....	.0018
Gas, medium burner, 10 min.....	.0033
Simmering burner, 2 hours....	.0080

2 quarts soup cost.....\$0.1650

1 quart costs 8¼ cents 1 cupful 2 cents.

Cut lamb in small pieces, also liver. Use small potatoes and onions or medium sized ones quartered. Chop cabbage and put all material into kettle together with salt and 2 quarts cold water. Bring to a boil, then simmer for two hours. Add flour made into thin paste with water. Let boil up thoroughly and serve.—Mary G. Morrison, 752 Montgomery Drive.

Potato Soup.

	Cost.
1 pint milk.....	\$0.0535
1 pint water.....	.0000
1 t salt.....	.0003
½ onion (1 T).....	.0016
1 bay leaf.....	.0001
6 allspice.....	.0001
6 bacon rinds.....	.0010
4 medium potatoes (1 lb.)....	.0200
Fuel, 45 min. (½ stove space.)..	.0107

1 quart costs.....\$0.0823

1 cupful costs 2 cents.

Put potatoes, cut up fine, into the boiling water with onion and bacon rinds. Cook 30 minutes, then add milk, bay leaf and allspice. Let simmer on back of stove the remaining 15 minutes. When the soup is ready to serve add salt and remove bacon rinds and allspice.—Mrs. E. J. Hawkins, Kalama, Wash.

Potato Soup.

	Cost.
8 medium potatoes.....	\$0.400
½ pint chopped celery.....	.0143
4 T minced onion.....	.0064
1 T butter or bacon grease....	.0156
1 T flour.....	.0009
1½ t salt.....	.0004
½ t pepper.....	.0125
1 t minced parsley.....	.0000
1 pint milk.....	.1070
1 quart water in which vegetables were boiled.....	.0000
Gas, ½ hour medium, 1 hour simmering	.0061

Cost for 2 quarts soup.....\$0.2032

1 quart costs 10 cents 1 cup 2½ cents.

Pare potatoes, cut fine and put in stewpan with celery and onion. Cover with boiling water, cook 30 minutes. Reserve part of the milk to mix with the flour, heat rest in double boiler. When hot stir in the flour and cook till creamy. At the end of 30 minutes drain the vegetables, saving water, and mash fine. Gradually add the water in which vegetables were boiled, return to fire, add salt and pepper, beat with an egg whisk three minutes, then gradually beat in the boiling milk. Add butter and minced parsley and serve at once.—Mrs. L. M. Welch, 1351 East Lincoln street.

Potato Soup.

This is a very inexpensive yet excellent recipe for a potato soup which, if made right, almost tastes like clam chowder, though there are neither clams nor bacon in it.

	Cost.
1 lb. potatoes.....	\$0.0200
½ lb. onion (finely minced)...	.0250
1½ quarts water.....	.0000
1 pint sweet milk or 1-3 can condensed milk with extra water	.0535
1 T butter, pearl shortening or other good fat.....	.0156
1 t flour.....	.0003
2 t salt.....	.0006
½ t pepper.....	.0010
Gas, ½ hour (medium fire)....	.0057

Cost for 2 quarts or 8 cups..\$0.1217

Cook potatoes in 1½ quarts water. While potatoes are cooking, fry onion to a brown, stirring to keep from burning. When potatoes are done, or in about 20 minutes, drain off water into another container and mash potatoes fine. Put back water; strain if desired. Add salt, pepper, milk and hot fried onions. Then heat whole again, having previously added thickening made of teaspoonful flour.—Mrs. George E. Moore, 1091 Michigan avenue.

To Make Noodles.

Two eggs, 1 large cupful flour, mix into hard dough, then roll out thin as possible. Cut in strips, sprinkle with flour, place strips together and cut as

fine as possible. They can be cooked in boiling water with a little butter and salt or with beef or chicken, etc. Season with nutmeg.—Mrs. Nat Smythe.

Cream of Carrot Soup.		Cost.
3 good sized carrots (1 c).....	\$0.0150	
1 small onion (2 T).....	.0020	
1 bay leaf.....	.0001	
1 pint water.....	.0000	
1 quart milk.....	.1070	
1 T corn starch.....	.0016	
2 T butter.....	.0312	
1½ t salt.....	.0004	
½ t pepper.....	.0042	
Gas for cooking, ½ hour.....	.0057	

Cost for 1½ quarts.....\$0.1672
Cost per cup, 2½ cents.

Grate the carrots, cover with 1 pint water, add the onion and the bay leaf, cover and simmer ½ hour. Remove onion and bay leaf and add 1 quart of milk. Mix corn starch with a little of the milk, add to soup and stir till thick. Season with salt and pepper, and add the butter just before serving.—Mrs. Welch.

Split Pea Soup Without Meat.

		Cost.
1 lb. split peas.....	\$0.1500	
1 large onion.....	.0125	
1 small carrot.....	.0075	
1 stalk celery (or dried leaves).....	.0027	
1 slice bacon or small piece salt pork.....	.0500	
2 t salt.....	.0006	
¼ t pepper.....	.0021	
1 T Worcestershire sauce.....	.0250	
Or 1 lemon, sliced thin.		
1 T flour.....	.0018	
Gas, medium, ½ hour.....	.0057	
Gas, simmering, 4½ hours....	.0180	

3 or 4 quarts soup (according to thickness liked).....\$0.2759
Soak peas over night; pour off water and add fresh; set on stove with vegetables and pork or bacon and bring to a boil; simmer until perfectly tender (it may not require as much time as allowed in recipe since legumes vary greatly in time required for cooking. Put through a puree sieve; thicken with flour mixed with a little water; add seasonings, boil up again and serve. Or omit Worcestershire sauce and serve with thin slice of lemon floating in each portion. This is a very palatable and nourishing soup. Since split peas are a meat substitute, the remainder of the meat should be light.—Mrs. A. L. Veazie, 695 Hoyt street.

Salsify Soup.

Scrape the roots; put them in cold water, to which a little vinegar has sify and water 1 quart hot milk, 1

can minced clams, pepper and parsley to taste.—Mrs. W. W. Williams.

Here are three fish soups: been added to keep them from turning black. Cut into pieces about ½ inch long and put into boiling salted water and boil an hour or until well done. Now add to 1 quart boiled sal-

Cream of Peanut Soup.

Here is a recipe the extra cost of which is in the milk and the peanut butter, two items that give it enough nourishment for the main hot dish for a simple home luncheon:

		Cost.
1 quart sweet milk.....	\$0.1070	
1 t grated onion.....	.0005	
1 T corn starch.....	.0016	
A dash of paprika.....	.0001	
½ pint of peanut butter (2 lbs. for 35c, about 3 lbs. to quart).....	.1320	
1 bay leaf.....	.0001	
1 T chopped celery.....	.0009	
½ t salt.....	.0002	
½ t pepper.....	.0010	
Gas, medium, for ½ hour.....	.0057	

1¼ quarts of soup cost.....\$0.2491
Or 5 cents per cupful, or portion.

Put the milk, peanut butter, onion and celery into a double boiler; stir and cook until hot. Moisten the corn starch in a little cold milk, add it to the hot milk and stir until smooth and thick. Strain through a sieve; add salt, pepper and paprika, and serve at once with croutons.—Mrs. S. T. R.

Peanut Soup.

		Cost.
1 c peanut butter.....	\$0.1000	
1 pint water.....	.0000	
1 quart milk.....	.1070	
2 T flour.....	.0018	
1 T chopped onion.....	.0016	
Celery tops (left over).....	.0000	
Fuel, wood 15 minutes (½ use).....	.0102	

Six portions cost.....\$0.2215
Or 3-2-3 cents each.

Cook in double boiler. Rub the butter to a cream in the thickening and add after it has reached the scalding point. Serve with croutons or crackers.—Amy B. Westbrook.

Meat and Vegetable Soup.

		Cost.
Meat (boiling beef).....	\$0.2000	
1 lb. carrots.....	.0300	
1 c celery and the tops.....	.0143	
1 T parsley.....	.0042	
Garlic, tops.....	.0001	
1 c turnips.....	.0125	
1 c potatoes.....	.0100	
Water.....	.0000	
1 T salt.....	.0008	
1 T rice.....	.0031	
1 t pepper (black).....	.0083	
Wood fire, 1 hour (quick fire).....	.0204	

Cost for 4 quarts.....\$0.3037

An Absolute Necessity in Every Household—
The Telegram's Woman's Page

Cost per quart, $7\frac{1}{2}$ cents, or less than 2 cents per cupful.

Cover meat with between four and five quarts of water (depending on the fat the meat contains), and let boil for 30 minutes. Have all vegetables diced and celery, parsley and garlic tops chopped fine. Add vegetables, salt, pepper, rice, and boil 30 minutes more. Meat can be served later for cold lunch or eaten separately.—Mrs. Jones, 3922 Forty-eighth street, Southeast, city.

Knimble Soup.

	Cost.
Beef	\$0.1009
1 egg (45c dozen)	.0375
1 c flour	.0145
2 t salt	.0006
$\frac{1}{4}$ t nutmeg	.0032
Gas, 2 hours, simmering	.0080

Two quarts soup\$0.1638

One quart costs 8 cents, one cupful 2 cents.

Buy 10 cents worth of beef, cook until tender. Take egg and one cupful flour, mix until crumbly. Sprinkle in, stirring with spoon. Season with salt and nutmeg.—Mrs. Nat Smythe,

I believe we have a collection of soups and stews that would be hard to equal anywhere for low price, real nourishment and general attractiveness. When we can have a good stew for $2\frac{1}{2}$ to 6 cents per cupful, and a good soup for from less than 1 cent to 3 cents a soup plate (cupful) we don't need to tremble quite so much at the "high cost of living." Add to this our good, nourishing bread at $5\frac{1}{4}$ cents per lb. (or lower—down to 2 or 3 cents per loaf) and nobody will need to go hungry—war or no war.

Of course these recipes cannot be absolutely mathematically correct—that is not possible, but we can get them so near the real cost that we have a basis of comparison and a certain knowledge of whether we are cooking simple, nourishing, inexpensive dishes, or whether our food costs more than is really necessary or desirable for the health of our family.

HERE ARE THREE FISH SOUPS.

Salmon Soup.

	Cost.
1 lb. salmon	\$0.1600
1 large onion	.0100
1 t salt	.0003
1 pint milk	.0535
1 T flour	.0009
$\frac{1}{2}$ t paprika	.0062
Cropped parsley (from garden)	.0000
Gas, medium, 15 minutes	.0049

1 quart costs\$0.2358

1 cupful costs 6 cents.

Clean, wash and wipe dry the salmon, then cut into 2-inch cubes. Dice onion and mix into fish gently. Sprinkle salt over all and let stand in cold place for about three hours, then put into stewpan and cover with boiling water. Let boil about seven minutes, then add milk, and when it comes to boil again stir in flour made into paste with little of the milk. Add paprika and serve garnished with chopped parsley.—Mary G. Morrison.

Herring Soup (Norwegian).

	Cost.
2 quarts water	\$0.0000
$\frac{3}{4}$ c cream of barley (20c for 1 $\frac{1}{2}$ lbs.)	.0300
2 carrots ($\frac{1}{2}$ c)	.0750
1 small onion ($\frac{1}{4}$ c)	.0625
1 potato ($\frac{1}{4}$ lb.)	.0063
1 T minced parsley	.0042
$\frac{1}{4}$ t pepper	.0021
4 salted herring (5c)	.2000
Fuel, $1\frac{1}{4}$ hours, wood ($\frac{1}{2}$ use)	.0178

$2\frac{1}{2}$ quarts cost\$0.3979

One quart costs 16 cents.

One cupful costs 4 cents.

Two quarts water, $\frac{3}{4}$ cup cream of barley, 2 carrots, 1 small onion, 1 potato, 1 tablespoonful minced parsley, $\frac{1}{4}$ teaspoonful pepper, 4 salted herrings. Freshen herring 3 hours, remove skin and bones. Cut each herring in 6 pieces, boil barley 30 minutes, add cut up vegetables and boil 30 minutes longer, add herring, boil 15 minutes and serve.—Mrs. O. Gunnesdahl, 1099 East Twenty-first street North.

Halibut Soup.

	Cost.
1 lb. halibut	\$0.2500
2 quarts skim milk	.0500
1 T butter	.0156
2 t salt	.0006
$\frac{1}{2}$ t pepper	.0010
1 onion ($\frac{1}{2}$ c)	.0125
1 T flour	.0009
1 pint water	.0000
1 T chopped parsley (garden) ..	.0000
Wood heat, $\frac{1}{2}$ hour ($\frac{1}{2}$ use) ..	.0072

Three quarts cost\$0.3378

One quart costs 11 cents, 1 cupful 3 cents.

Wash halibut and boil gently in water 10 minutes; remove from fire, pick into small flakes; bring milk to a boil, add butter, whole onion and fish; simmer gently 15 minutes, then remove the onion; mix flour with a little water, add with salt and pepper; bring to boil again; add parsley and serve. It will make about 3 quarts.—Mrs. A. W. Shard, 805 East Thirty-sixth street South.

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Stews

with

A Small Amount of Meat

Stews and Vegetable Combinations

With a Small Amount of Meat

The One Price Meal—

Indian Curry
Chop Suey
Goulash
Tamales
Chili Con Carne
Spanish Stews
Western Mulligans
Mutton Stews
Lamb Stews
Beef Stews
Irish Stews
American Stew
Vegetable Stews
Baked Beans
Corn Chowders
Potato Combinations
Parsnip and Combinations
Fish Stew

Stews

The One-Piece Meal.

Christine Frederick, in a recent *Ladies' Home Journal*, exactly expresses the idea of our work this week. She says in part:

I want to bring the attention of my country women who are housewives to the idea of having more frequently what I call the one-piece meal, and by so doing save three things—nutriment, expense and labor.

A typical meal in American homes consists of a separate dish of meat, with gravy in separate bowl; potatoes, served separately; then a vegetable or two, also separate, and perhaps a salad; and last a dessert, which may consist of more than one food. The meat has its own gravy, the vegetables have their own sauces.

In cooking such a meal it is almost invariably the custom to throw away all the water in which each vegetable was cooked, and to serve the vegetables plain, or with melted butter, or with a sauce which again requires more ingredients to make the food tasty, which would not have been necessary if, in the first place, the vegetables had been combined with the fat and flavor of the meat.

The real "one-piece" stands supreme in its handling of cheap cuts, in the combination and flavoring of its vegetables and gravy into one coherent whole. The "one-piece" also proves its economy by utilizing starch in such a way that little bread is desired, or little butter or additional fat needed in addition to the fat and gravy already supplied. The ideal "lopping-off" of such meals is fruit in simple form, canned, stewed or fresh.

The national and most famous dishes of practically every country are a combination of several foods, cooked and served together. From France we have the ragout or the pot-au-feu; from China, chop suey; from Austria, goulash; from India, curries; from Italy, the spaghetti and gnocci; from Germany, the spatzn dishes; from Russia its borsch, which is a soup so hearty that it is the main dish of the meal. Indeed, even America had its New England "boiled dinner" and its Southern chicken-pepper-rice dishes still more attractive, both "one-piece" in idea.

Many other dishes could be mentioned, such as the noodle dishes and spatzn dishes of many countries. It is significant that two countries as widely separated as Germany and China should have developed and used the noodle—chow main—as a daily dish.

The preparation of the "one-piece" meal uses possibly two pots and one

platter as against five pots and five serving dishes besides individual serving dishes in the preparation of the conventional dinner. Why not, then, for all these reasons, incorporate it into our weekly menu?

These few examples of typical one-piece foreign dishes may serve to revive or inspire the creation of more strictly American dishes on this order.

Indian Curry.

Is a dish which can utilize leftovers of mutton or chicken, but which is better made from the fresh meat in this manner:

	Cost.
2 lbs. neck or shoulder of mutton (11c lb.), cut into 1½-inch strips	\$0.2200
2 T melted butter.....	.0312
2 small onions.....	.0032
2 T grated cocoanut (4 oz, 10c) ..	.0125
2 large apples thinly sliced....	.0500
2 T flour	.0018
1 t salt	.0003
½ t white pepper	.0042
1 saltspoonful grated nutmeg.v	.0032
1 t curry powder, scant (4 oz. for 25c)	.0101
1 qt. mutton broth, strained (use water)	.0000
4 oz. uncooked rice.....	.0131
Gas—½ hour medium...\$0.010	
1 hour simmering	.004
	\$0.140

Cost for 6 persons.....\$0.3633

Cost per portion, 6 cents.

First slice the onion and brown it in fat; add the meat, and brown, dusting with flour. Place in a casserole, and add the cocoanut, apple, stock and seasoning. The curry powder could be mixed separately in a small cupful of the hot broth before adding. Cook for 15 minutes. Uncover and add the rice. Simmer either on the back of the stove or in the oven for another hour. There should be no floating gravy, merely rich moisture. If preferred, the rice may be cooked separately and merely served around the curry. This will serve six. The approximate cost is 60 cents.

Chop Suey.

Is liked by many, and would be more popular if its ingredients were more widely known, and it is very simple to make.

	Cost.
1 can tomatoes.....	\$0.2000
½ lb. round steak.....	.1009
1 c cooked rice.....	.0030
½ lb. cooked macaroni.....	.0259
1 T fat.....	.0156
½ T salt (or to taste).....	.0004
1 large onion, ½ c.....	.0125
Gas, medium burner, 15 min...	.0029
Simmering, ½ hr.....	.0020

Two quarts cost.....\$0.3664

1 quart costs 18 1-3c.
 1 cupful costs 4½c.
 Grind steak, or buy Hamburg.
 Brown onion in fat, add meat, and
 cook until brown (about 15 minutes).
 Add tomatoes, rice, macaroni and
 salt and a dash of red pepper if liked.
 and simmer 30 minutes.

Will serve six people or eight people.
 Makes about two quarts.—Mrs.
 Taylor.

Chop Suey (American.)

	Cost.
½ lb. pork chops.....	\$0.1500
1 c onion, peeled and sliced....	.0167
1 c celery, chopped fine.....	.0143
1 c mushrooms.....	.2667
2 T lard, for vegetables.....	.0188
1 T lard, for meat.....	.0094
½ t pepper.....	.0010
1 t salt.....	.0003
2 t cornstarch.....	.0010
1 t blackstrap molasses.....	.0009
Gas to cook 40 minutes.....	.0076

Cost\$0.4867

Will serve four people at 12c each.

Cut pork in little strips. Have
 everything ready before heating lard
 in two frying pans; heat lard to
 smoking point, put meat in one pan,
 onions and celery in other; lower gas
 at once and keep stirring; at end of
 10 minutes add mushrooms to the
 vegetables. Cook five minutes longer,
 then combine meat and vegetables.
 Thicken the fat that remains by mak-
 ing paste of cornstarch, molasses and
 ¼ cup cold water. Cook up well, pour
 over the ingredients and serve with
 rice.—Mrs. C. S. Goldberg, 1026 East
 Ninth street North, city.

Plain Chop Suey.

(This recipe came from the Chinese.)

Pork, sliced and cooked in peanut
 oil until almost done. Then put the
 following vegetables into the same
 pan and oil: Bamboo shoots, Chinese
 black mushrooms, bean sprouts and
 Chinese soy made from soy beans.
 Cook meat and vegetables together.
 Serve with gravy made of flour, soy
 and flavored with ginger juice. A
 little sugar is added.

Chop suey is not a native Chinese
 dish and is unknown in China. It was
 invented by a Mexican. Chop means
 miscellaneous. The foregoing recipe
 is the plain dish. Chicken meat is
 used for the more fancy styles and
 "Mandarin style" has even more
 frills.

Goulash.

Is typical of many meat dishes of
 the "one-piece" type:

	Cost.
2 lbs. of flank or rump beef	
cut into 1-inch cubes, at 18c.	\$0.3600
1 pt. of cubes of raw potato....	.0259
1 pt. of carrot cubes.....	.0300
2 onions.....	.0064
1 pt. of strained tomato sauce....	.0534
2 T lard.....	.0310
1 t salt.....	.0003

½ t pepper.....	.0042
1 T flour.....	.0009
1 bay leaf, 2 cloves.....	.0001
2 allspice.....	.0001
1 saltspoonful of thyme.....	.0001
1 T of finely chopped parsley....	.0042
1 clove of garlic, chopped....	.0000
Gas, 10 min. medium.....	.0033
1 hr. simmering.....	.0004

Cost for 6 persons.....\$0.5194

Cost per portion, 8 2-3 cents.

Slice the onions fine, lay in a fry-
 ing pan with fat from the meat, or
 with two tablespoonfuls of lard.
 Brown well; then add flour and turn.
 Add the tomato sauce, the meat, and
 enough boiling water to cover. Tie
 the spices in a cheesecloth square
 and add. Cover the pan and let cook
 very slowly for about half an hour.
 Now add the potatoes and carrots and
 the chopped parsley and garlic, stir-
 ring well. Continue simmering for
 another half hour. Remove the
 spices. Serve very hot, dusting a lit-
 tle paprika on top if liked. Serves
 six persons; the approximate present
 cost is 70 cents.

Hungarian Goulash.

	Cost.
2 lbs. flank steak at 18c lb....	\$0.3600
1 lb. (2c) minced onion.....	.0312
1 T butter.....	.0156
1½ T salt.....	.0012
1 t pepper.....	.0083
2½ c sliced tomatoes.....	.0668
1½ lbs. (or 12 small) potatoes....	.0375
Gas, medium burner, 10 min....	.0033
Simmering burner, 2 1-3 hours....	.0107

Makes about 4 quarts for....\$0.5346

Or 1 quart for 13 1-3c or 3 1-3c per
 cupful, or average "portion."

Cut about two pounds of flank
 steak into small squares and an onion
 into pieces, and cook both in a pan
 with a little butter a few moments,
 but not long enough to take much
 color. Place a layer of the meat in a
 flat-bottomed kettle of good size.
 Over this put a layer of the onions,
 and so on until all the meat is used
 and as many onions as desired. Add
 enough cold water to cover the upper
 layer of meat. Put over the fire and
 bring to a boil. Allow two cupfuls of
 canned or sliced tomatoes to each
 quart of the meat and onion mixture
 and when they have reached the boil-
 ing point (on no account before), pour
 the tomatoes over the mixture, but
 do not stir. Now push the kettle back
 on the stove, where it will simply
 bubble on the side, not boil. Sim-
 mer two hours. Have ready peeled
 some small potatoes of uniform size,
 and put into the kettle, pushing the
 meat and onions gently to one side
 to make room for them. The con-
 tents of the kettle must not be stirred
 more than absolutely necessary. As
 soon as the potatoes are done, which
 will be in about 20 minutes, serve.—
 Mrs. Maria Telford.

Tamales.

	Cost.
1 lb. lean veal.....	\$0.1000
½ lb. beef.....	.0500
1 c dry corn meal.....	.0283
1 small onion.....	.0125
2 t chili powder.....	.0166
1 can tomatoes.....	.2000
25 green olives, ¾ c each.....	.1875
2 t salt.....	.0006
Wood fire, 1¼ hrs. (½ use)...	.0213

25 tamales cost\$0.6168
Or 2½ cents each.

Boil veal and beef together until done; remove from stock and cool. Add to stock corn meal enough to make a thick mush and salt to taste. Cook tomatoes until thick and dark. to this add one small onion chopped fine, 2 t chili powder or pepper and salt to taste. Have corn husks laid out and put onto each a large tablespoonful of mush. Cut meat in small cubes with shears, put on top of mush, add tomatoes, 1 T to each tamale. Put ripe or green olive on top of all, tie up at ends and in middle, put in steamer over hot water for ½ hour before serving.—Mrs. A. G. Andrew, 387 Benton street, city.

Southern Chili.

	Cost.
1¾ lbs. beef neck at 15c lb....	\$0.2625
2 ozs. suet at 15c lb.....	.0187
1½ T salt.....	.0012
1½ c Mexican beans at 20c lb.	.312
2 cloves garlic.....	.0002
1 T Gebhardt's chili powder...	.0200
Gas, medium burner, 10 min....	.0019
Gas, simmer 2-3 hours (low)...	.0093

Total cost for 3 quarts.....\$0.4451
Cost per quart, 15 cents.
Cost per cupful, less than 4 cents.

Put meat, suet and garlic through food grinder, then place in kettle and mix with one pint cold water. Then add three pints boiling water, boil ten minutes, skim, add salt, chili powder and beans. Cover and bring to a boil again. Set on simmerer and turn it down about half.

This served piping hot with crisp crackers and dill or sour pickles makes a very satisfying dinner.—Mrs. G. H. Ray, 401 Third street, city.

Chili Con Carne.

	Cost.
1 can tomatoes.....	\$0.2000
1 lb. kidney or bayo beans....	.1500
½ lb. Hamburg or steak.....	.1000
1 onion (¼ lb.).....	.0125
1 T fat.....	.0156
½ T salt (or to suit taste)....	.0004
Gas, 15 min. medium.....	.0029
Simmering, 2 hrs.....	.0080

\$0.4894

Chop onion, brown in fat, and meat (ground if bought in piece). Cook until brown; add beans, well cooked, and tomatoes, and simmer one hour. Just before serving add 1 teaspoonful Chili powder if liked.

I use wood range, so cook beans when I have a fire for meals. Using gas, it may be cheaper to buy the canned beans.

Either of the above recipes with a salad makes a complete meal, hence are very economical.—Mrs. Taylor.

Spanish Stew.

	Cost.
1 lb. round steak.....	\$0.1800
2 onions (1 c).....	.0250
3 or 4 potatoes (4c).....	.0250
2 c tomatoes sliced or canned..	.0534
1 t salt.....	.0003
¼ t pepper.....	.0021
Gas medium ½ hr, oven 2½ hrs	.0637

Cost to serve four persons...\$0.3525

Cost per portion nearly 9 cents.

Cut the meat in small pieces, fry with part of the onions till nicely browned. Dredge with flour, cover with water and cook till tender. Then place in baking dish with layer of meat, sliced onions and potatoes, then tomatoes. Season with salt and paprika. Alternate in this way, having tomatoes on top. Pour over water to cover. Bake in covered dish till vegetables are done. Remove cover and brown a little. Add water as it cooks away that there may be good gravy. —Mrs. Welch.

Spanish Stew.

	Cost.
2 lbs. stewed tomatoes.....	\$0.0800
1 green pepper chopped fine...	.0200
1 lb. hamburger steak.....	.1800
1 egg.....	.0417
1½ cups of rolled cracker crumbs.....	.0650
1 T salt.....	.0008
½ T pepper.....	.0042
2 T milk.....	.0034
Gas, 30 min.	.0057

2 qts. stew cost.....\$0.4008

Beat the egg, add the milk, then cracker crumbs and soak five minutes, then add meat and seasoning and form into balls the size of big walnuts, place in refrigerator or cellar for an hour. Have the tomatoes and all of the green pepper stewed together, while piping hot drop the meat balls in and cook 25 minutes. This makes 2 quarts. Costs 40c. 1 cupful costs 5c.—Mrs. G. Spencer, 1260 E. Davis.

Western Mulligan.

We cannot measure these by "portion," as is often done, as the "portion" that would satisfy an able-bodied hunter who had been tramping the woods for hours would differ most decidedly from the portion that a lady would sip at home for her noon-day lunch—or for the first course for a meal—so our recipes are expressed in the terms of quarts or gallons. In "Mulligans" it was estimated as nearly as possible how many gallons of the decoction the culinary efforts produced, about how many pints or cups of cut vegetables were used and about how many pounds of meat. We figured all prices always at what the items are worth to buy them in the Portland markets, understanding and appreciating the fact that you don't pay for the vegetables raised in your own "war gardens," or for the game you have killed yourself in the woods, but all of these have the intrinsic value that belongs to them in the market, although they don't cost you money.

A "Mulligan" Out West.

Is a sort of stew which is made of meat and vegetables in sufficient quantity so that it is intended to be the principal food of the meal.

Makes 3 quarts; serves 8 people.

	Cost.
1 soup bone, very little fat....	\$0.1000
1 lb. potatoes.....	.0300
½ lb. onions.....	.0200
½ lb. turnips.....	.0156
1 lb. carrots.....	.0250
1 lb. parsnips.....	.0250
Wesson oil.....	.0200
Cull celery.....	.0000
2 t salt.....	.0006
¼ t pepper.....	.0021
Wood, 2 hours (half use).....	.0286

Cost of 3 quarts.....\$0.2663

Cost per quart, 9 cents; cost per cupful, 2¼ cents.

Cut meat from bone in small pieces. Put your little bit of fat from bone into vessel in which you are going to cook your stew (preferably an iron kettle). When fat is softened by heat add oil and sliced onion and pieces of meat. Fry, stirring constantly, until meat is well seared and onions are golden color. Add sliced carrots, parsnips and turnips or rutabagas. Stir well and pour over them two quarts of boiling water. Set back on stove and let simmer for 1½ hours. Then add the sliced potatoes, and simmer until tender. See that there is plenty of water to prevent burning, but they must not be flooded with water. Add salt, pepper, paprika, celery or whatever flavor you like. Serve with it croutons made of stale bread.

I made and served this stew to a family of adults and they pronounced it very good. Beside the stew we had sliced tomatoes, bread and butter, blackberries and tea cakes. Part of the people were company, but I am sure we all had enough.—Mrs. Kittie Goodall Turner, Corvallis, Or.

Mulligan Stew.

	Cost.
2 lbs. beef shanks, 10c lb.....	\$0.2000
1 lb. dry onions (3 lbs. 10c)....	.0333
1½ lbs. potatoes.....	.0300
1 c carrots, 3c lb.....	.0150
1 lb. ripe tomatoes.....	.0500
2 t salt.....	.0006
½ t pepper.....	.0042
2 T flour for thickening.....	.0018
Gas, 10 minutes medium, 15-6	
hours simmering.....	.0094

2 quarts of stew.....\$0.3443

One cupful costs a little over 4 cents.

Cut the beef in pieces about 1½ inches in size and put with the round bone with marrow in the soup kettle; add two quarts of boiling water, boil 10 minutes then simmer one hour; add onions whole, also carrots cut in halves; cook 10 minutes longer; add peeled tomatoes, salt and pepper, adding water to make two quarts. Stir in the flour mixed smooth in half cup cold water; cook 10 minutes. This makes a good meal for six or seven people at a small cost.—Mrs. George Spencer, 1260 East Davis.

Scotch Broth.

	Cost.
3 lbs. mutton, at 18c.....	\$0.5400
3 T pearl barley (15c lb.).....	.0150
2 T minced onion.....	.0010
2 T minced turnip.....	.0016
2 T minced carrot.....	.0020
2 T minced celery.....	.0018
2 T salt.....	.0016
1 t pepper.....	.0033
1 T minced parsley.....	.0042
3 quarts cold water.....	.0000
2 T flour.....	.0018
Gas, medium, ½ hour, simmering 3 hours.....	.0177

Cost of 2 quarts.....\$0.5950

Cost per quart, 30c, or 7½c per cupful.

Three pounds mutton.

Two tablespoonfuls pearl barley, two tablespoonfuls minced onion, two tablespoonfuls minced turnip, two tablespoonfuls minced carrot, two tablespoonfuls minced celery, two tablespoonfuls salt, one tablespoonful pepper, one tablespoonful minced parsley, three quarts cold water.

Remove the bones and all the fat from the mutton, cut the meat into small pieces, and put it into a stewpan with the water, chopped vegetables, barley and all the seasoning excepting the parsley. It will be

found convenient to tie the bones in a piece of thin white cloth before adding them to the other ingredients. Bring the stew to a boil, quickly skim it and allow it to simmer for three hours, thicken with the flour and add the chopped parsley.

This is a recipe from the "War Time Cookery" that has been running in the papers. I thought it ought to be economical, being war-time cookery, and I would figure it out. But 7½ cents per cupful for a broth is very expensive. Please notice that our broths, or light course soups cost from a fraction of a cent to 2 or 3 cents a cupful usually, while our heavy stews, intended for the real family meal, cost less than this broth. The only way we can really know what is economical and what isn't in any foods is to figure out our recipes exactly, as we are doing, so that we know what they cost per portion to a fraction of a cent. People sometimes say: "Oh, a few cents or a fraction of a cent doesn't matter. I'd be ashamed to be so small." Yet the same people are very serious about the exact price per loaf of baker's bread, and about the 6-cent streetcar fare. Let us think in the same way of our food items. It isn't this loaf, or this soup we make today, any more than it would be a special loaf at the bakery at 15c or a streetcar ride for 6 or even 10 cents. It is what these things all amount to in the aggregate—the total food bill of the nation; the surplus we can save to send our allies. When we think in these terms the saving of a fraction of a cent on soups or stews or any other food perhaps means the lives of those who are fighting our battles, or even victory for our own land ultimately. We women have hardly wakened to the seriousness of this matter yet. It has not really come home to us that these little differences in price are the very biggest thing in our lives and the one thing our government is calling on us for.

Scotch Pot Stew.

	Cost.
1½ lbs. mutton (11c lb.).....	\$.01650
1 small cabbage.....	.0500
2 onions (1c).....	.0250
½ T drippings.....	.0047
6 potatoes.....	.0400
½ t pepper (white).....	.0042
1 t salt.....	.0003
Gas, medium 10 min., simmering 1½ hrs.	.0079

Makes 2 qts., and serves 6 persons, for\$.02971
Or 5 cents each.

Put into pot the drippings and let it get hot; slice the onions and fry them gently; wash the mutton well; put all in the pot with water that hangs about it. Put the lid on closely

and instantly, let it stew three-fourths of an hour. Take the cabbage, wash it, remove the withered leaves, cut into eight pieces lengthwise, like the divisions of an orange. Place the cabbage in water and peel six potatoes, cutting them in slices half an inch thick and placing them also in water. When the meat has stewed for three-quarters of an hour lift the cabbage dripping with water and the potatoes and pack them around the meat. Sprinkle over them salt and pepper, replace the lid quickly and closely and stew for three-fourths of an hour more. It must be cooked slowly or else it will burn. The whole is cooked by steam. It is a most delicious as well as economical dish.—Mrs. A. B. Law.

Mutton Stew.

	Cost
1 lb. neck of mutton.....	\$.01500
2 large onions (over 1c).....	.0300
4 large potatoes.....	.0375
3 carrots (1½c).....	.0225
¼ t pepper.....	.0021
1 t salt.....	.0003
Gas for cooking, 3 hrs. 10 min.	.0150

Four portions cost.....\$.02574
Cost per c about 6½ cents.

Cut the meat in small pieces, put in a pan and fry till brown. When sufficiently browned add the onions sliced, and enough hot water to cover. Let simmer two hours, adding water as it boils away. Then add the potatoes cut in lengthwise sections, the carrots sliced, pepper and salt and cook for another hour. Do not use too much water as the gravy must be rich and thick. Serves four persons.—Mrs. Welch.

Lamb Stew.

	Cost.
2 lamb shanks.....	\$.01700
4 small carrots (1c).....	.0150
2 small onions (¾c).....	.0062
3 medium potatoes (1c).....	.0125
1 T flour.....	.0009
1 t salt.....	.0003
Water to cover.....	.0000
Gas.....	.0220

Cost for 6 cupfuls stew and 6 cupfuls soup\$.02269
Or less than 2 cents per cupful of each.

Cost for 6 persons, \$.02269. (This price includes soup for next day.)

Cook lamb shanks one hour and remove the soup stock (to be used next day). Cut the meat from the bones and add salt. Let simmer for 20 minutes with carrots, onions and potatoes cut in small cubes and enough water to completely cover. Add the flour made smooth with a little water and let simmer for 10 minutes. Rice may be used instead of potatoes.—Mrs. H. S. Smith, Riverdale, Or., R. F. D. Oswego.

Lamb Stew.

	Cost.
1 lb. breast of lamb.....	\$.01500
1 lb. carrots.....	.0350
1 lb. potatoes.....	.0250
1-5 lb. onions.....	.0100
1 t salt.....	.0003
2 T flour.....	.0018
Gas medium, 10 min.....	.0019
2 hr. simmering burner.....	.0080

2 quarts stew costs.....\$.02270
1 quart costs 11 cents; cup, 2-3 cents.

Cut the lamb breast into small pieces. Split carrots if large, otherwise use whole. Put into kettle together with the onions and salt, add two quarts cold water and boil for 10 minutes, then simmer until almost cooked. Have ready peeled some small potatoes and put into kettle, pushing contents aside gently to make room. As soon as potatoes are done, about 20 minutes, add the flour stirred to thin paste in water. Let boil up thoroughly and serve the stew.—Mary Morrison.

Brown Stew With Dumplings.

	Cost.
1 lb. lean beef, round.....	\$.01500
2 ozs. of beef suet.....	.0200
2 T flour.....	.0018
1 t salt.....	.0003
½ t pepper.....	.0042
1 t kitchen bouquet.....	.0040
1 T chopped onion.....	.0016
Parsley in garden.....	.0000
1 c flour.....	.0145
2 t baking powder.....	.0042
½ c milk.....	.0134
Gas 15 min.....	.0029
Simmering 1 hour.....	.0040

Cost to serve five people....\$.02209
Or 4½ cents each.

Cut the beef into inch cubes, put the suet in a stewpan, shake over the fire till melted and remove the crackling. Dust the meat with the flour throw it into the hot fat and shake until each piece is seared, then add one pint of water; stir until boiling, add the onion and kitchen bouquet, salt and pepper. Cover the pan and put over the simmerer one hour. Now take 1 c flour, 2 t baking powder, ½ t salt (sifted together) and mix with ½ c milk; roll the dough quickly into balls the size of a walnut, drop them into the stew, cover the kettle and stew slowly 10 minutes; dish the stew on hot platter with dumplings around it and dust with chopped parsley.—Mrs. Spencer.

Beef Stew.

	Cost.
1½ lbs. beef from neck or shin.....	\$.01800
1 onion (½ c).....	.0250
1 T butter.....	.0032
2 carrots (1c).....	.0150
1 white turnip (1c).....	.0125
4 potatoes (4c).....	.0250
1 t salt.....	.0003
½ t pepper.....	.0021
Gas, ½ medium 1 hr simmering.....	.0061

For four persons\$.02692

Cost per portion, 6¾ cents.

Slice the onion and fry in butter, put in pot with the meat (cut in small pieces). Pour on just enough water to be seen between the meat. Let come to boiling point then to simmer. An hour before it is to be served add carrots cut lengthwise, the turnip sliced, and potatoes, some of which must be cut small to thicken gravy. Pepper and salt to taste. Replenish water as it boils away while cooking.—Mrs. Welch.

Irish Stew.

	Cost.
2 lbs. of neck or shin of beef.....	\$.02000
1 quart of sliced tomatoes.....	.1068
1 T minced onion.....	.0016
1 T butter.....	.0156
1 c uncooked rice.....	.0312
1 lb. raw potatoes.....	.0250
1 T salt.....	.0008
1 t black pepper.....	.0083
Gas, medium burner, 10 min.....	.0019
Simmering burner, 2½ hrs.....	.0100

Makes about 4 quarts for....\$.04012
1 quart costs 10 cents; 1 cupful, 2½ cents.

First put meat on in cold water and cook about 2½ hours. Then take meat cut, cut fine, put back in kettle with the rice, potatoes, onions, butter, salt and pepper. Cook a while. Then put in tomatoes and cook about 20 minutes. Serve very hot. Enough for about 6 people or 8 cupfuls.

Hope this will be pleasing to some of the readers of The Telegram as it is good. I've tried it. Yours truly—Mrs. J. L. Egger, 702 E street, Grants Pass, Or.

Irish Stew.

	Cost.
1½ lbs. lean beef for stew.....	\$.02000
1½ T salt.....	.0012
1 t pepper.....	.0083
1 small head cabbage.....	.0500
2 cupfuls carrots.....	.0300
2 cupfuls turnips.....	.0250
½ lb. onions.....	.0250
2 lbs. potatoes.....	.0500
1 stalk celery.....	.0062
Parsley (in garden).....	.0000
Wood heat, 2½ hrs, (½ heat).....	.0357

Makes about four quarts....\$.04316

Cost per quart 11 cents, per cupful 2-7-10 cents.

Cut meat into small pieces and add about two quarts of cold water. Bring to a boil, and salt and let simmer about an hour and a half. Cut head of cabbage in about four pieces, slice carrots and turnips and add to the stew, and cook about 15 minutes, then add onions, potatoes cut in pieces and celery and cook for about ¾ of an hour, adding more water as it boils down. When done, add pepper to taste, and just before serving add about 2 tablespoonfuls of minced parsley. This should make about four quarts.—Mrs. H. H. Minard, 1236 Division street, city.

Irish Stew.		Cost.
1 lb. meat (neck).....		\$0.1500
1 can tomatoes.....		.2000
$\frac{1}{2}$ lb. onions.....		.0250
$\frac{1}{2}$ lb. carrots.....		.0150
1 lb. potatoes.....		.0250
1 bay leaf.....		.0001
2 t salt, about.....		.0006
$\frac{1}{2}$ t pepper, about.....		.0041
Wood fire (estimated part)....		.0100

2 qts. cost.....\$0.4298
1 qt. costs 21 $\frac{1}{2}$ cents; 1 c costs 5% cents.

Cook meat until tender, salt, add onions and carrots diced, bay leaf, and cook until vegetables are tender. Add tomatoes, pepper to taste, and simmer 10 minutes.

Makes about two quarts. Time indefinite, as it depends on meat. I use wood range, so simmer on back while getting meal, and fuel does not cost anything.—Mrs. F. N. Taylor.

Irish Stew.		Cost.
1 lb. neck of lamb.....		\$0.2000
2 T meat fryings.....		.0100
$\frac{1}{2}$ lb. potatoes.....		.0125
$\frac{1}{2}$ lb. onions (dry).....		.0250
$\frac{1}{2}$ lb. turnips.....		.0125
$\frac{1}{2}$ lb. tomatoes.....		.0200
$\frac{1}{4}$ lb. carrots.....		.0075
1 T flour.....		.0009
2 t salt.....		.0006
Cayenne pepper.....		.0002
Gas, 2 $\frac{1}{2}$ hrs.		.0105

7 cups cost.....\$0.2997
1 cup costs......0428

Cut lamb in 2-inch pieces and sear in meat-fryings in hot skillet. Place in casserole, arranging around it the vegetables cut in halves or left whole according to size. Stir flour in fat left in skillet till slightly brown, add seasoning and about 3 cups of cold water. Stir, boil, pour over meat and vegetables, cover and cook gently 2 or 2 $\frac{1}{2}$ hours. Two or three hours in fireless cooker is best.—Mrs. M. B. Rees.

American Stew.		Cost.
$\frac{1}{4}$ lb. bacon.....		\$0.1000
1 lb. carrots or rutabaga.....		.0300
2 lbs. potatoes.....		.0400
1 t salt.....		.0003
1 c catsup.....		.0500
2 T flour.....		.0018
Gas, 1 $\frac{1}{2}$ to 2 hrs.		.0500

2 quarts cost.....\$0.2721
1 quart costs......1411
1 cup costs......0350

Dice carrots or rutabagas, cook with bacon in about 1 quart of water, about $\frac{3}{4}$ hour, add potatoes also diced and if necessary a little more water. Put flour in a bowl, add a little water and stir until smooth, then add catsup and pour into stew, stirring well. Let boil a few minutes and serve. If I have fire in the range, I take the bacon out of the stew about 20 minutes before serving time, slice down to rind and set in oven to crisp. Leftover stew makes good soup by adding water and reheating. Serve croutons with it.—Mrs. B. M. Grill, Milwaukie, R. F. D. 2.

Parsnip Stew.		Cost.
1 lb. fresh parsnips.....		\$0.0333
$\frac{1}{2}$ lb. salt pork.....		.1400
1 lb. potatoes.....		.0250
Cracker crumbs (2 crackers)...		.0080
1 t salt.....		.0003
$\frac{1}{4}$ t pepper.....		.0021
Gas to stew, $\frac{3}{4}$ hr.		.0050

Cost for 4 persons.....\$0.2137
Cost per portion, 5 $\frac{1}{4}$ cents.

Chop pork fine (put through grinder); pare potatoes and parsnips and slice them. Put in pan layer of pork, one of potatoes, one of parsnips, till all are used; cover with cold water; season with pepper and salt. Cook three-quarters of an hour.—Mrs. Welch.

Parsnip Chowder.		Cost.
Mrs. Turner says: I am sending three stews that I have tried many times. Really I make cheaper ones but feared you might not think them nutritious enough, though we make meals on them.		
1-3 lb. bacon		\$0.1000
4 lbs. parsnips.....		.1000
1 lb. potatoes.....		.0300
3 t salt.....		.0010
Milk		.0200
$\frac{1}{4}$ lb. onions.....		.0100
Fuel, wood, 2 hrs.....		.0570

Total cost.....\$0.3180
Makes 3 quarts soup, or 2 $\frac{1}{2}$ cents per portion.

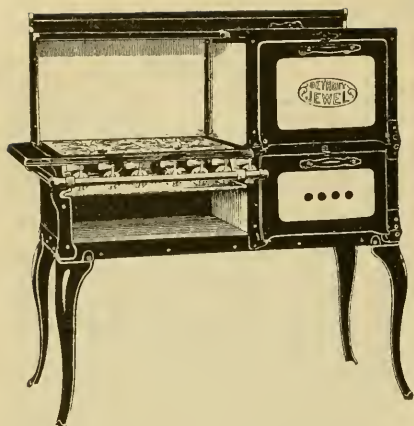
Slice onion and bacon into vessel and fry a golden brown, stirring often. Add sliced parsnips, stir well and cover with boiling water. Simmer gently 1 $\frac{1}{2}$ hours, then add sliced potatoes. Cook until tender, add milk and serve. Never stir and do not burn. Season with salt.—Mrs. Turner.

Fish Stew.		Cost.
(First Prize Recipe).		
$\frac{3}{4}$ lb. salmon.....		\$0.1100
$\frac{3}{4}$ lb. halibut.....		.1200
$\frac{1}{2}$ lb. black cod.....		.0500
1 qt. can tomatoes.....		.1500
$\frac{1}{2}$ lb. rice.....		.0300
1 medium-sized onion.....		.0125
1 green pepper.....		.0200
2 T olive oil.....		.0200
1 T salt.....		.0003
Parsley from garden.....		.0006
Fuel, gas, medium, 10 minutes		.0019
Simmering, 30 minutes.....		.0020

Cost of 3 quarts.....\$0.5172
Cost per quart, 17 cents; per cupful, 4 $\frac{1}{4}$ cents.

Preparing Fish Stew.—Put olive oil in pot. Add minced onion, green pepper and raw rice. Braise for 10 minutes over slow fire. Now add one pint of water and can of tomatoes. Bone and skin fish and put in pot with the salt. Let all come to a boil. Cover pot and simmer for 30 minutes, finish with chopped parsley.

To make stew more tasty, with little additional cost, add, when almost done, some crab flakes, clams and oysters.—Mrs. Otto Heyde, 181 Grover street, city.



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Fish and Sea Food

Fish and Sea Food

I. Conserving Fish and Sea Food—

Fish Prices
The Food Value of Fish
How to Select Fish
The Preparation of Fish
Fish Sauce
Lobsters
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Serving Fish
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Western Recipes for Cooking—

1. Salmon—Baked, Loaf, Steamed, Escalloped, Creamed, En Casserole, Bisque, Pie, Pudding, Chowder, Turbans, Kippered.
2. Halibut—Baked, Creamed, Chowdered, Smothered, Moulded, Combination Fish Stew.
3. Small Fish—Salmon Trout, Shad, Black Cod, Mountain Trout, Smelt.
4. Cod Fish—Souffle, Mold, Balls, Gravy, Chowder.

SEA FOODS

I. Clam—

Chowder,
Pie,
Escalloped
Creamed
Fritters
Nector

II. Oysters—

Fricassee, with Macaroni
Bisque

Fish and Sea Food

Fish Prices.

It is said that we people of Oregon, who live where fish and sea food are so abundant, really eat less of them than the average of the people of the whole United States, most of whom are far from the seacoast. I have read that we only eat eight pounds apiece per year, on an average, which would be about one meal per month. Of course, while we people of Portland have all this sea food practically at our door, the whole of Eastern Oregon is away from our market, and prices are high. Southern Oregon has fish, but not the sea food locally, and transportation rates are very high. But right here, where these food products are most abundant, they cost more than meat. It seems strange to an ordinary housewife that animals can be raised, cared for and fed for years to furnish meat that can be sold cheaper than fish that abound free in our adjacent waters, require no care (from those who sell them, anyway), and never have to be fed. Why is this? They say it is a trust. I have no idea myself, but our government has urged us to substitute fish for part of our meat diet, and it is our patriotic duty to do so. It has occurred to me that it would be a great and most worthy service at this time for some one of our many women's clubs to take up the study of this question and find out just why fish costs more than meat, and if it isn't possible to reduce the price. We Oregon women can vote, and we have as much right and interest in these questions as men, especially in a food question. It is peculiarly our province. If we could accomplish even a little in a practical way at this time in this vital food conservation matter it would be a great credit to the women of Oregon over all the United States.

(Note.—Since the above was printed the Chamber of Commerce has taken up the question of cheaper fish, opened a municipal fish market and have very materially reduced the price of fish.)

Portland Market Prices.

Here are the prices of fish I obtained at the fish market on Saturday, October 6:

	Lb., Cents
Salmon, Royal Chinook.....	20
Salmon, Silverside, by the half fish	15
Salmon, Silverside, whole, for canning	14½
Salmon trout	20
Halibut	25
Sturgeon	25

Fresh black cod, 2 lbs. for.....	25
Sad dabs	15
Crabs (each)	20
Shrimps	20
Smelt, 2 lbs. for.....	25
Bloaters	5
Codfish	20
Boneless herring.....	30
Kipperd salmon	30
Oysters, Eastern, per pint.....	65
Oysters, Western, per pint.....	70
Lobsters, each	35
Crawfish, per dozen.....	35
River trout, Grayling, lb.....	20

The Food Value of Fish.

The subject that interests us as much or more than the prices of our fish and sea food is the much mooted question of their food value and digestibility. Everyone knows the current saying, "Fish for brain workers," but authorities do not agree on this. I have been looking this up, together with the food value, digestibility, etc., of fish, and here is the net result of what I know and can find out:

Fish belongs to the nitrogenous group of foods, so it builds and repairs muscular flesh and tissue. It is digested mainly in the stomach. The albuminoid matter in white fish such as cod, haddock and halibut, is about the same as in beef and mutton. The proportion of water in fish, flesh and fowl is also quite uniform; fish contains, however, more phosphorus, the active fish, as trout and pickerel, containing the greater percentage. The amount of carbon depends largely upon the amount of fat the fish contain. White fleshed fish are, therefore, deficient in carbon, as their fat is secreted and held in their liver. A scientific cook would tell you to serve with boiled white fish, potatoes and cucumbers or lettuce with French dressing, as that would supply the lacking carbohydrates and fat.

Pink fleshed fish, as salmon and sturgeon, have their fat all through their body, and so are harder to digest, although they have, alone, a greater food value.

So we see that the white fleshed fish are better for the delicate stomach, and the colored fish make a much better diet for the active man; and the more active the fish the greater the amount of muscle-making food it will contain. "Fish, on account of its density of fiber, would not be recommended as a frequent diet for brain workers."—Mrs. S. T. Rorer.

Then here is another authority: "Fish meat, with but few exceptions, is less stimulating and nourishing than meat of other animals, but is usually easier of digestion. Salmon, mackerel and eels are exceptions.

White fish are especially easy of digestion. Fish is not recommended for brain workers on account of the large amount of phosphorus (an element abounding largely in nerve tissue) which it contains, but because of its easy digestibility."—Mrs. F. M. Farmer.

Mrs. Rorer says fish are too dense to digest easily. Mrs. Farmer recommends them because they do. Where doctors disagree we will just have to find out for ourselves by eating them whether they agree with us, remembering that fried fish, or dry baked fish, may disagree with us when creamed fish, chowders, etc., will not.

To Select Fish.

The flesh should be firm, the scales should be bright and stick closely to the fish, the eyes and gills should be bright, and the flesh free from any unpleasant odor. Salmon, cod and large white fish should have a bronze tint when freshly cut. Fish are poisonous if stale, and should be eaten when in season and as soon after they are killed as possible.

The Preparation of Fish.

Here are some suggestions about the more common fish and their preparation:

Cod is a fine boiling fish, and may be fried in slices, but is never used in baking.

Haddock, very much like cod, but smaller, is also usually cheap, and is in season throughout the year, but the very large head is waste, so makes it more expensive than it seems. Cooked the same as cod.

Halibut is the largest fish we get, unless it is sturgeon. It is cut in slices and sold by the pound, and, being solid meat, is very economical. It is in season throughout the year.

Flounders are admirable boiling fish, or they may be made into fillets and fried, or served au gratin.

Shad come into the rivers from the sea in the early spring. They are in season from February 1 to the middle of June.

Trout are generally fresh water fish, and those from small streams are perhaps our very finest fish.

Smelt are small and always sold by the pound. They are usually rolled in egg and bread crumbs, or in corn meal, and fried. (Remember yesterday's suggestion of putting a plate over to turn, as they are so delicate it is hard to keep them whole.)

Boneless salted herring makes an exceedingly nice relish for the beginning of a lunch.

Eels and catfish, fish without scales, are skinned, dipped in egg and bread crumbs, and fried.

Mackerel is in season from May 1 to September 1, and is one of the best known fish. They are best boiled.

Salmon, the most prized of all, for its pink flesh and fine flavor, live in both salt and fresh waters, and are in season from May to September, but frozen salmon may be obtained nearly all the year.

Mrs. Fannie Merritt Farmer says: "In the Columbia river and its tributaries salmon are so abundant that extensive canneries are built along the banks." Yet we people who live right here in the famous home of the salmon do not begin to use as much of it as we should. It may be sliced and broiled, or planked; boiled whole or in slices, and served with sauce Hollandaise (see below) it is the most elegant of dinner fish.

To Clean Smelt.

Make a slight opening at the gills with either a sharp knife or a pair of scissors; then draw the smelt between the thumb and finger, from the tail to the head. In this way all the intestines will be pressed out at the gill opening. Wash and dry, sprinkle with salt, and they are ready to dip and fry.

To Fry Fish.

Fish may be fried in any fat, but are considered better fried in oil. Handle with care, so as not to bruise. Wash and prepare for cooking.

Put sufficient fat in a deep pan to completely cover the fish. Beat a whole egg, add a tablespoonful of hot water, dip the fish first in the egg, then roll in bread or cracked crumbs. Put a few fish at a time in a frying basket and sink in the hot fat; as soon as browned lift carefully and drain. Garnish with lemon and parsley.

(This is a very expensive way to do for ordinary occasions, as the fat remaining that the fish were fried in can not be used for anything else. If one wishes to use this method for some special occasion the fat can be drained off and used for frying other fish in the usual way, and, of course, all fat remaining after frying fish should be drained off in a cup by itself and kept till the next ones are fried.—"Save the fats").

Fillets of Fish.

For this it is better to use a white fish, rock or white bass, etc. After the fish has been scaled and cleaned put your hand firmly on the fish and with a sharp knife cut from the tail to the head just as near the bone as possible, removing all the flesh. Turn the fish on the other side and do the same thing. In this way you will remove all the bones.

Cut the fish into strips all the way across, and about an inch wide. Roll and fasten with a wooden skewer. Have ready a deep pan of hot fat. Put a half dozen of these rolls in your frying basket and plunge them into the hot fat; they will quickly curl tighter, and will cook in about three minutes. Drain on brown paper, dust with salt, arrange on a napkin, garnish with parsley and lemon.—Mrs. Rorer.

Hollandaise Sauce.

	Cost.
$\frac{1}{2}$ c butter.....	\$0.1250
2 egg yolks (cost 1 egg).....	.0417
1 T lemon juice (1 lemon, 25c dozen)	.0208
$\frac{1}{4}$ t salt.....	.0001
Few grains cayenne ($\frac{1}{2}$ salt-spoon)	.0001
1-3 c boiling water.....	.0000
Fuel, gas 15 minutes.....	.0029

About $1\frac{1}{2}$ cupfuls cost.....\$0.1906

Put butter in a bowl, cover with cold water, and wash, using a spoon. Divide in three pieces. Put one piece in top of double boiler with yolks of eggs and lemon juice, place in boiling water in bottom and stir constantly until butter is melted, then add second piece of butter, and, as it thickens, third piece; add water, cook one minute and season with salt and cayenne. If left over the fire a moment too long it will curdle; if it does add two tablespoonfuls heavy cream.

(Of course, such a sauce as this is far too expensive for us plain, economical people for ordinary use, but it is well to have recipes for an occasional "company dish," as my mother used to call them.)

Many of us are not familiar with cooking the "crustacea"—lobsters, crabs, shrimps and crawfish, so I will condense some practical directions as to how to prepare and cook these peculiar sea foods.

Lobsters.

These are nitrogenous food, helping to build and repair the muscles and tissues, but are also very dense and difficult of digestion, and to be safe to eat must be alive when cooked. If allowed to die they are dangerous, and must be used, also, soon after cooking.

To kill a lobster have ready a large kettle of warm water. It is not necessary that the water be boiling; in fact, the lobster will die more quickly in warm than in boiling water. Hold the lobster upside down, grasping him by the back; put his head, then his body under the water and quickly cover the kettle. He will die instantly.

To broil a lobster take it from the water immediately, cut it into halves, remove the stomach and intestine, and it is ready to broil.

For salad, lobster Newberg, or any dish that calls for the simple reheating of the meat, cook slowly for three-quarters of an hour, adding salt after cooking a half hour. Rapid boiling toughens the meat. Do not remove the meat from the shell until you are ready to use it.

To open a lobster, after it is thoroughly chilled, twist off the claws and then the tail shell from the body. Split the tail underneath directly down the center, and remove the meat in one long piece. Pull open the body shell, take out the "liver" of the lobster, which you will know by its greenish soft condition; also the shell; remove the stomach, sometimes called the "lady," which is found immediately underneath the head. Throw this away. Pick the meat from the shell; break into halves the solid piece of meat that you have taken from the tail, and remove the intestine running its entire length. Crack the claws and pick out the meat.

To Serve Lobster Plain.

Arrange the meat in the center of a cold platter, garnish with the small claws, crisp, light leaves of lettuce, hard boiled eggs cut into quarters, and pickled beets cut into fancy shapes. Use with this French dressing.

Crabs.

Crabs, like lobsters, must be purchased alive, put into warm water and boiled in exactly the same way. Lift the crabs with tongs, as they cannot be safely handled like lobsters. Put in one at a time, cover the kettle and wait for it to die; then put in another; when the last is in and the water has almost reached the boiling point, add a tablespoonful of salt and cook slowly for 30 minutes. Take from the fire; when cool twist off the legs; pull off the "aprons," or loose flaps in under the shell; remove the stomach (under the head, like the lobsters) and the little twist of intestines and the gills. Cut the crab directly in halves, so that the meat may be picked out carefully without getting any bone in it.

To Serve Cold.

Wash and dry the upper shells; fill them with cold crab meat, dish and garnish with cress. Serve with French dressing.

Crawfish and Shrimps.

These are usually sold boiled, and can be made into any of the recipes given for lobsters and crabs. Shrimps in cream sauce or shrimp salad are among the best ways of serving shrimps, or they may be served cold with French dressing. Crawfish are often used to garnish fancy dishes of lobster.

SERVING FISH.

Many men who carve poultry perfectly do not know just how to carve fish, and "mess it all up" after all our efforts to serve it attractively, so I'm giving directions today.

To Serve Fish Properly.

Boiled and baked fish are carved in the same manner. Use always a silver knife and fork, as steel spoils the flavor of the fish. Garnish with parsley and quarters of lemon. To carve, first cut off the head just behind the gills, then run the knife through the fish lengthwise as near to the backbone as possible. Cut the upper half into slices or pieces cut crosswise of the fish, as wide as you desire to serve. After serving all the upper portion, loosen the backbone and turn it to the back of the plate. Cut and serve the underside the same way you did the upper. Planked or boiled fish are cut crosswise double through the backbone, but be very careful to strike the joints between the vertebrae, breaking them quickly open, or the flesh of the fish will be mashed, and both flavor and appearance spoiled. (Have your knife very sharp).

Standard Rules for Serving Fish.

With planked fish serve potato puff and cucumbers with French dressing.

With broiled fish, creamed potatoes and cucumbers with French dressing.

With baked fish, fried potato balls and cucumbers as before.

With boiled fish, sauce Hollandaise (see yesterday's recipe), boiled potato balls with parsley sauce, and cucumbers as before.

With small fish fried, sauce tartare and light crisp bread.

With fish croquettes and cutlets for luncheon or supper, warm crisp rolls and potato roses.

With fried halibut steaks for lunch, cucumbers as before, graham bread and coffee.

With creamed or deviled fish, cucumber sauce and crisp bread.

With salt cod, boiled potatoes, parsnips and sour milk biscuit or brown bread.

With creamed cod for lunch or supper, serve plain boiled potatoes.

With salt mackerel, fried mush or corn bread.

With fish timbales with cream, lobster, shrimp or oyster, crab sauce and a garnish of tiny potato balls.

Sweets should not be served with or after a fish dinner, supper or luncheon.

However, plain people will continue to use fish cooked in any plain and economical way to which they are accustomed, or which they learn in our kitchen. And with fish as the meat

of the meal we will serve potatoes and other vegetables as usual. However, we can get an idea of the food that balances fish in a complete ration from this table, and all of us can serve brown bread, cucumbers with French dressing and use chopped parsley as a garnish.

Ways of Cooking Fish.

Here are the best ways of cooking fish condensed and adapted to our needs, from well known authorities:

To Cook Fish in Boiling Water—Small cod, haddock, etc., are cooked whole in enough boiling water to cover them, to which is added salt for flavor and lemon juice or vinegar to keep the fish white. It is better to boil the fish on a rack of some kind in a large kettle or pan, or coiled up in a wire basket in a deep kettle, but it can be wrapped in a cloth and boiled that way if you have neither of these. Large fish are cut in thick pieces and tied in pieces of cheesecloth to boil. Remove the skin, or scald it and scrape to remove the coloring. The fish is cooked when the flesh leaves the bone and not before.

To Broil Fish—Cod, haddock, mackerel, etc., are split down the back and broiled whole. Salmon, chicken halibut and other large fish are cut in inch slices for broiling. Smelt and other small fish are broiled whole, without splitting. Clean and wipe fish as dry as possible, sprinkle with salt and pepper and place in well greased wire double broiler. Slices of fish should be turned often while broiling; whole split fish should be first well broiled on the flesh side, then turned and broiled on the skin side just long enough to make skin crisp and brown. Loosen one side of the broiler, then the other, or fish will cling to it and tear.

To Bake Fish—Clean and place on strips of cotton cloth under the fish in the well greased dripping pan. Lift out by these strips of cloth and remove them.

To Fry Fish—Clean fish and wipe as dry as possible. Sprinkle with salt, dip in flour or crumbs, egg and crumbs, etc., and fry as described yesterday.

To Saute Fish—Prepare as for frying and cook in frying pan with small amount of fat, or, if preferred, dip in granulated corn meal. Cod steak and smelts are often cooked in this way.

Fish Stuffing—No. 1.

	Cost.
1 $\frac{1}{2}$ c cracker crumbs.....	\$0.0160
1 $\frac{1}{2}$ c stale bread crumbs.....	.0075
1 $\frac{1}{4}$ c melted butter.....	.0625
1 $\frac{1}{2}$ t salt.....	.0001
1 $\frac{1}{2}$ t pepper.....	.0010
1 $\frac{1}{2}$ t onion juice.....	.0001
1 $\frac{1}{4}$ c hot water.....	.0000

Cost\$0.0872

Directions—Mix ingredients in order given.

Fish Stuffing—No. 2.		Cost.
1 c cracker crumbs.....		\$0.0320
¼ c melted butter.....		.0625
¼ t salt.....		.0001
½ t pepper.....		.0010
½ t onion juice.....		.0001
1 t parsley, finely chopped....		.0014
1 t capers, finely chopped (¼ c costs 25c).....		.0208
1 t pickles, finely chopped (2 c cost 20c).....		.0021

Cost\$0.1240

Mix ingredients in order given. This makes a dry, crumbly stuffing.

(Notice that here is about the same quantity as before and costs half again as much. Two cents of the extra cost is in the capers—and you can make your own capers out of pickled or green nasturtium seed pods that keep for years and are very good.)

Our Fish Food Value Table.

In the table following the protein is muscle-building food, and the fats and carbohydrates (sugar, starch, etc.), are mutually replaceable, though a given weight of fat produces a little more than twice as much energy as the same weight of carbohydrates. Our food repairs the body and gives it energy—the power to work and ac-

complish. This energy produced by food is measured in various ways. One of the most common is to express it in terms of the heat it would take to produce that much energy—and this is known as calories. So that the greater the number of calories the greater the amount of energy produced, and hence the better the fish (or anything else) as a food.

This is a complex scientific matter if gone into deeply, but we can any of us understand this much, and so find the table very useful.

FISH.	Edible portion.				Calories per pound....	Refuse....
	Water.	Protein	Fat....	Ash....		
Cod	82.6	16.5	.4	1.2	325	52.5*
Eel	71.6	18.6	9.1	1.0	730	20.2†
Flounder	84.2	14.2	0.6	1.3	290	57.0†
Halibut	75.4	18.6	5.2	1.0	565	17.7†
Herring	72.5	19.5	7.1	1.5	660	42.6*
Mackerel	73.4	18.7	7.1	1.2	645	34.6*
Salmon	64.6	22.0	12.8	1.4	950	...
Smelt	79.2	17.6	1.8	1.7	405	41.9*
Trout, river	77.8	19.2	2.1	1.2	445	48.1*
Trout, salmon	70.8	17.8	10.3	1.2	765	...
Cod, dry salt	81.5	16.2	.74	1.56	305	25.0
Herring, salt	46.2	18.9	16.9	16.4	1065	44.0
Herring, smoked	69.5	21.1	8.5	1.2	620	...
Mackerel, salt	44.4	19.2	22.4	13.8	1165	20.0
Sardines	50.2	4.3	12.7	7.5	615	...

*Whole. †Dressed.

Salmon

Our finest and best known fish.

Baked Salmon and Macaroni.

A recipe that I frequently use with great success.

	Cost.
1 can red salmon.....	\$0.1500
½ package macaroni.....	.0500
1 egg	.0411
4 salted crackers.....	.0100
½ pint milk.....	.0300
1 T butter.....	.0156
1 t salt.....	.0003
¼ t pepper.....	.0041
Fuel ½ hour (½ use).....	.0071

Cost for 6 people or 5c each. .\$.03082

Cook and drain macaroni well. Place a thick layer in bottom of buttered casserole or pan, then a layer of the salmon, well minced and mixed with the pepper and part of the milk. Beat the egg well and place on top, followed by a layer of rolled cracker crumbs. Pour balance of milk over all. Put balance of butter on top and bake ½ hour in moderate oven. This makes the principal dish for lunch or dinner and will serve six people generously.—Mrs. Crawford.

Baked Salmon.

	Cost.
3 lbs. salmon.....	\$0.4500
2 T salt.....	.0016

Tomato Sauce.

2 c tomatoes.....	.0534
1 c water.....	.0000
1 small onion chopped (2 T)...	.0032
3 cloves.....	.0001
3 T butter.....	.0468
3 T flour.....	.0027
½ T sugar.....	.0012
½ t salt.....	.0002
Dash pepper.....	.0005
Fuel, wood 1 hour (½ use)....	.0143

Cost for 6 people.....\$0.5740
Serves 6 people at cost of, each .0975

Cook tomatoes, water, onion and cloves, also sugar, for 15 minutes. Melt butter, add flour and stir into mixture, add salt and pepper and cook five minutes. Prepare fish, place in baking pan and pour over ½ amount of sauce, bake in moderate oven one hour, basting frequently. Remove to platter, pour over remaining sauce and garnish with parsley. Above rich sauce takes place of one vegetable dish; also do not count time of cooking sauce, as same will cook while oven is heating.

Thanking you for your interest in Oregon housekeepers.—Mrs. R. E. Bigham, Aloha, Or., Box 39.

The Telegram's Sporting Page Is Unexcelled

Baked Salmon.

	Cost.
Salmon (3 good sized slices)...	\$0.2500
2 T butter.....	.0064
1 T flour.....	.0009
1 t salt.....	.0003
1 T lard.....	.0156
Wood—hot oven— $\frac{1}{2}$ hour.....	.0102

Cost\$0.2834

Serves 6 persons very nicely.

This is my favorite salmon recipe, and I have given it to so many who like it very much:

Melt lard in shallow baking dish, place fish in it. Melt butter, stir in flour and spread over top of each slice, salting fish first. Bake in hot oven $\frac{1}{2}$ hour. Salmon prepared in this way is never dry and is much nicer than when baked in one large piece, and is more easily served.—Mrs. E. P. DeGraff, 1073 Mallory ave.

Baked Salmon.

	Cost.
1 small salmon, about 3 $\frac{1}{2}$ lbs. (at 15c lb.).....	\$0.5250
1 c home-made tomato sauce..	.0200
3 thin slices bacon.....	.0400
1 T salt.....	.0008
$\frac{1}{2}$ t pepper.....	.0042
1 bay leaf.....	.0001
Parsley in garden.....	.0000
3 stalks celery.....	.0189
1 small onion.....	.0100
Fuel for one hour, $\frac{1}{2}$ use.....	.0143

Serves 6 and costs.....\$0.6333

Or 10 $\frac{1}{2}$ cents per portion.

(It is from 15 cents per portion up in restaurants).

Cut head off, clean thoroughly, taking care to remove blood around bone; wash and place on fish sheet or put cotton cloth under fish so it can be lifted from pan without breaking. Salt and pepper inside and out and stuff with diced celery already partly cooked, and 2 slices of bacon, minced onion and bay leaf. Place one slice bacon on top, cover and bake slowly for one hour. When done, heat tomato sauce and pour over the fish. Garnish with parsley from the garden and serve.—Mrs. F. E. Graham, 610 Pettygrove street.

Baked Salmon and Tomatoes.

	Cost.
2-lb. salmon.....	\$0.3000
1 c crumbs, $\frac{1}{4}$ lb.....	.0150
1 pint tomatoes (2 c).....	.0534
1 T onion.....	.0016
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0010
Wood to bake 1 hour ($\frac{1}{2}$ use).....	.0143

Cost for salmon loaf.....\$0.3856

To serve 6 persons, or, each...\$0.0633

Take a piece of salmon any size, put in a baking pan. Then take a cup of bread crumbs or a little flour, 2 table-spoonfuls. Then take a pint of tomatoes, pour on the salmon and add a little minced onion, salt and pepper. Then bake an hour. This is very good and anyone will like it. I hope to find this in the paper so others can try it.—Mrs. Monica H. Werlowski, 1649 Market street, Salem, Or.

Baked Salmon.

	Cost.
3 lbs. salmon.....	\$0.4500
2 T salt.....	.0016
1 T flour.....	.0009
$\frac{1}{2}$ can tomatoes.....	.1000
Fuel one hour wood ($\frac{1}{2}$ use).....	.0143

Cost\$0.5668

Wash and scale salmon, salt, place in pan and pour tomatoes over fish. Cover and bake one hour in slow oven, basting with a little fat unless salmon is quite oily. Thicken sauce left in pan with a little flour and pour over fish and serve.—Mrs. F. N. Taylor.

Salmon Loaf.

	Cost.
1 can salmon.....	\$0.2000
2 T melted butter.....	.0312
2 T hot milk.....	.0034
1 c bread crumbs ($\frac{1}{4}$ lb.).....	.0150
1 egg (50c dozen).....	.0417
1 t parsley, minced (in garden).....	.0000
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{4}$ t pepper.....	.0010
Gas, one hour.....	.0014

Cost for loaf to serve four...\$0.3039

Or about 7 $\frac{1}{2}$ cents each.

Remove bones from salmon, mince finely, add beaten egg and other ingredients. Stir well and steam in oiled mold one hour. Serve with cream sauce.—Mrs. Welch.

Baked Salmon Loaf.

	Cost.
$\frac{1}{2}$ lb. fresh salmon.....	\$0.1000
$\frac{1}{2}$ lb. fresh halibut.....	.1250
1 medium onion.....	.0016
$\frac{1}{4}$ cup bread crumbs.....	.0038
1 egg.....	.0417
$\frac{1}{2}$ t salt.....	.0001
$\frac{1}{4}$ t pepper.....	.0021
2 T milk.....	.0034
1 T flour.....	.0009
Oven gas 1 hour.....	.0220

Cost\$0.3006

Plenty for four people at 7 $\frac{1}{2}$ cents per portion.

Free the raw fish from bones, run through food grinder with onion. Add remaining ingredients, shape into loaf, place in pan with one cup boiling water. Bake one hour. Put one shake of flour on top before putting in oven. Baste often and add more water if necessary. This is delicious served cold with mayonnaise added to ground sweet pickles.—Mrs. Reid, 110 Twenty-first street North.

Salmon Loaf.

	Cost.
1 can salmon.....	\$0.2500
1 c fine bread crumbs.....	.0150
3 eggs at 50c dozen.....	.1250
4 T melted butter.....	.0624
$\frac{3}{4}$ t salt.....	.0002
$\frac{1}{4}$ t pepper.....	.0010
Minced parsley in garden.....	.0000
Gas, 1 hour.....	.0220

Cost to serve 6 persons.....\$0.4756

Or less than 8 cents each.

Remove all bones, skin and fat. Mash fine, add bread crumbs, beaten eggs and melted butter, salt and pepper. Bake in loaf.—Mrs. R. C. Day, 643 East 48th street North.

Honorable Mention.

(Second Choice for First Prize.)

Steamed Salmon with Turkish Pilau.

	Cost.
2 lbs. salmon.....	\$0.3000
1 T salt.....	.0008
$\frac{1}{2}$ c rice.....	.0156
2 c stock.....	.0500
1 c strained tomato.....	.0267
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{2}$ t pepper.....	.0010
Parsley to garnish.....	.0000
Gas to steam salmon, 30 min.....	.0057
Gas to cook rice, 30 min.....	.0057

Serves 6 people.....\$0.4057
About 6 2-3c per portion.

Rub the salmon with salt and steam until tender. Cook the rice in the stock. When all is absorbed, add the tomato. Add the salt to the rice while cooking, and the pepper with the tomato. Lift the salmon to the serving platter. Heap the rice about it and garnish with parsley.—Mrs. Metzger.

Steamed Fish.

	Cost.
1 small salmon, weight $4\frac{1}{2}$ lbs.....	\$0.2000
1 T butter.....	.0156
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0042
1 t sage.....	.0083
2 c stale bread or crackers.....	.0300
Wood fuel, 25 min. ($\frac{1}{2}$ use).....	.0060
Cost	\$0.2644

Salmon is considered the most nutritious of all fish.

Clean well. Cut off the head. Fill the fish with a nicely prepared stuffing made of rolled cracker or stale bread crumbs, seasoned with butter, pepper, salt and sage. Wrap in a well floured cloth, tied closely with twine and steam for 25 minutes. The garnishes are parsley and slices of boiled egg or sliced lemon and beets. While steaming or boiling fish, if a little vinegar and salt are added to the water they will prevent the nutriment from escaping.—Mrs. Egger.

Steamed Salmon Loaf.

I have found the following recipes satisfactory to all people liking fish and have figured them out as best I could:

	Cost.
1 lb. fresh salmon.....	\$0.2000
$\frac{1}{2}$ c stale bread crumbs.....	.0075
$\frac{1}{2}$ c sweet milk.....	.0134
$\frac{1}{2}$ t salt.....	.0001
1 egg	.0417
Dash cayenne	.0010
Gas, top burner, 1 hour.....	.0114

Serves 4 large portions for.....\$0.2751
Or about 7 cents per portion.

Boil fresh salmon $\frac{1}{2}$ hour, separate from bones, mix very fine, add bread crumbs and salt. Beat egg in milk and add, mixing thoroughly. Grease double boiler, put in mixture and

steam $\frac{1}{2}$ hour. Serve with cream sauce if preferred.—Mrs. Reid, 110 21st street North.

Escalloped Salmon.

	Cost.
2 lbs. salmon.....	\$0.3000
1 c bread crumbs.....	.0150
1 T salt.....	.0008
$\frac{1}{2}$ t pepper.....	.0010
Lemon	.0200
1 t butter.....	.0032
$1\frac{1}{2}$ c milk, about.....	.0402
Gas, 45 minutes.....	.0085

Serves 6 people.....\$0.3887

Make alternate layers, in a casserole, of salmon, minced, and bread crumbs. Season each layer with salt, pepper and a few drops of lemon. Have bread crumbs on top. Place bits of butter on top. Pour over enough milk to just cover. Bake 45 minutes. Or, if cooked salmon is used bake about 20 minutes in a hot oven.—Mrs. Metzger.

Creamed Salmon.

	Cost.
1 lb. salmon.....	\$0.2000
1 T vinegar.....	.0017
1 pint milk.....	.0535
1 egg	.0417
1 T cornstarch.....	.0016
1 T flour.....	.0009
1 t salt.....	.0003
Parsley in garden.....	.0000
Gas, 20 minutes.....	.0038

Cost

Should serve six and costs 5 cents each.

Cover dish with hot water in which is a tablespoonful of vinegar. Boil five minutes. Drain off water, pour milk over fish and heat. Mix cornstarch flour with beaten egg and little cold milk. Add when fish is tender. Let boil without stirring. Add salt and chopped parsley.—Mary G. Morrison, 752 Montgomery Drive.

Creamed Salmon.

A very delightful way of serving salmon, from a little left over, or as a main dish, as it was served at luncheon.

	Cost.
1 cup salmon, shredded.....	\$0.1000
1 pint milk.....	.0600
$\frac{1}{4}$ T nutmeg.....	.0032
$\frac{1}{2}$ T salt.....	.0001
Dash red pepper.....	.0001
1 T butter.....	.0156
1 T flour.....	.0009
Fuel 15 minutes ($\frac{1}{2}$ use).....	.0001

Cost

(Without pricing leftover fish this only costs 8 cents.)

This will serve from 4 to 6 people and is a splendid lunch dish—poured over toast, which uses the stale bread as well as any small amount of leftover fish. I don't think it would really cost over 5 cents for the fish left over.—Mrs. May S. Hembree, 194 Boundary avenue.

Salmon en Casserole.

(Third Choice for First Prize.)

	Cost.
1 lb. salmon.....	\$.01500
1 small onion.....	.0100
1 sliced carrot (6 T).....	.0060
1 bay leaf.....	.0001
1 sprig parsley in garden.....	.0000
$\frac{3}{4}$ T salt.....	.0006
$\frac{1}{2}$ t pepper.....	.0042
$1\frac{1}{2}$ lbs. potatoes (4 or 5).....	.0375
1 T butter.....	.0156
1-3 cup flour.....	.0048
Wood fuel, 1 hour ($\frac{1}{2}$ use)....	.0143

Cost to serve four.....\$.02431
Or 6 cents each.

Cut salmon in pieces, wash and wipe, rub it with flour. Put tablespoonful of butter in frying pan, add 1 sliced onion, 1 sliced carrot, sprig of parsley and bay leaf. Cook until slightly browned and put with salmon into the casserole. Add one pint of water, cover and bake for three-quarters of an hour, then add four or five potatoes. Season with salt and pepper and cook until done. Add a few grains cayenne pepper.—Mrs. F. E. Graham.

Salmon Bisque.

	Cost.
1 T butter.....	\$.0156
2 T flour.....	.0018
1 c milk.....	.0268
3 c hot water.....	.0000
2 t salt.....	.0006
$\frac{1}{2}$ t pepper.....	.0010
Minced parsley.....	.0000
1 c salmon boiled 2-3 lb.....	.1000
Gas, 20 minutes.....	.0038

Makes about 5 cups.....\$.01496
Price per cup less than 3 cents .0299

Make a white sauce of the butter, flour and milk. Thin with hot water and add salt, pepper, flaked salmon and minced parsley. Simmer 5 minutes. More time must be allowed for cooking if raw salmon is bought and steamed or boiled for this recipe.—Mrs. Metzger.

Salmon Pie.

Following is a recipe for salmon pie I would like to enter for first prize in this week's contest:

	Cost.
1 can salmon.....	\$.02000
$\frac{3}{4}$ quart milk.....	.0802
2 c flour.....	.0290
1 T butter.....	.0156
1 R. T. lard.....	.0310
$1\frac{1}{2}$ R t baking powder.....	.0108
$\frac{1}{2}$ t salt.....	.0002
1-16 t pepper.....	.0005
Gas, 20 minutes.....	.0073

Serves 7 people for.....\$.03746
Or costs $5\frac{1}{2}$ cents each.

Place salmon in baking dish after removing bones. Melt butter and rub into it one tablespoonful of the flour and add the milk, gradually stirring all the time, reserving one-third cup for crust. Add salt and pepper and pour over salmon. To remainder of

flour add $1\frac{1}{2}$ teaspoonfuls of baking powder and $\frac{1}{2}$ teaspoonful of salt. Sift and work into it one R. tablespoonful of lard. Moisten with remainder of the milk, to which add a little water. Mix so as to be able to handle on board. Roll, cut a hole in the center for steam to escape. Bake 20 minutes in moderate oven.—Mrs. Jennie E. Marvin.

Salmon Pudding.

	Cost.
1 can salmon.....	\$.02000
1 c bread crumbs ($\frac{1}{4}$ lb.).....	.0150
2 eggs.....	.0834
$2\frac{1}{2}$ c sweet milk.....	.0670
$\frac{1}{2}$ t salt.....	.0002
1-10 t pepper.....	.0008
Wood, $\frac{1}{2}$ hour ($\frac{1}{2}$ use).....	.0072

$1\frac{1}{2}$ quarts pudding cost.....\$.03736

One cupful costs about 6 cents.

(If this is used as a pudding, of course a portion would be less than a cupful—perhaps a half cupful.)

One can salmon, flaked or boned, or fresh fish the same quantity; 1 cupful of light bread crumbs, 2 eggs, well beaten; $2\frac{1}{2}$ cupfuls milk, salt and pepper. Bake 30 minutes in hot oven.—Mrs. Amy Westbrook, Albany, Or.

Salmon Chowder.

	Cost.
$1\frac{1}{2}$ lb. salmon @ 16c.....	\$.02400
2 oz. diced bacon @ 28c.....	.0350
2 c potatoes, diced.....	.0250
1 c onion, diced.....	.0250
1 c milk.....	.0268
1 T salt.....	.0008
$\frac{1}{2}$ t pepper.....	.0010
Gas $\frac{3}{4}$ hour (medium oven)....	.0189

Six cups cost.....\$.03725

Or 1 helping......0620

Fry out the diced bacon in a medium shallow pan. Lay the fish in, cut in slices lengthwise, then add the layer of diced potatoes, over that the layer of onions, add milk and $\frac{1}{2}$ cup water if necessary to cover, the seasoning and cook in medium oven for $\frac{3}{4}$ of an hour. Very substantial and a good tasting dish.—Mrs. J. L. Ringo, 790 East Ankeny street.

Salmon Chowder.

	Cost.
1 thick slice bacon or salt pork.....	\$.02000
2 c potato cubes.....	.0016
1 pint boiling water.....	.0000
1 T salt.....	.0008
1 onion.....	.0016
3 cloves and bay leaf.....	.0010
1 lb. salmon.....	.1500
3 c milk.....	.0804
$\frac{1}{2}$ t pepper.....	.0010
Minced parsley.....	.0000
Gas, 30 minutes.....	.0057

Makes 2 quarts, or 8 cups...\$.02621

Price per cup, about 3c......0327

Cut the bacon in small pieces and fry. Pour both fat and bacon into a

stew pan. Add potato cubes, boiling water, salt, onion with cloves stuck in it, bay leaf and salmon, minced if raw salmon is used. If boiled salmon is used add it when the potatoes are tender, with the milk, heated. Simmer 10 minutes. Add butter, pepper and minced parsley just before serving.—Mrs. Metzger.

Salmon Turbans.

	Cost.
2 lbs. salmon.....	\$0.4000
1 t salt.....	.0003
3 slices bacon.....	.0800
Gas to bake 20 minutes.....	.0073

Cost to serve 6 persons.....\$0.4876
Or 8 cents each.

Bone, remove skin and cut salmon in strips. Roll up strips, pinning together with toothpicks. Put a small piece of bacon on top of each turban. Bake 20 minutes and serve.—Mrs. Ralph C. Day, 643 East Forty-eighth street North.

Halibut

Baked Halibut Loaf. (For First Prize.)

	Cost.
Halibut	\$0.2000
6 crackers	.0240
1 egg, beaten	.0417
$\frac{1}{2}$ t pepper	.0010
1 t salt	.0003
1 c sweet milk	.0268
Gas 1 hour (medium oven)....	.0220

Serves 5 persons.....\$0.3158
Or each 0631 |

Flake the halibut, add the crackers, which have been finely rolled, together with the beaten egg and cup of milk. Season and bake one hour in medium oven. Serve with cream sauce seasoned with 1 T minced parsley. The halibut may be steamed or boiled previously.—Mrs. Ringo, 819 East Burnside street.

Creamed Halibut.

	Cost.
1 pound halibut	\$0.2500
1 T butter.....	.0032
1 pt. milk	.0535
1 T flour	.0009
1 t salt	.0003
$\frac{1}{2}$ t pepper.....	.0010
$\frac{1}{2}$ c bread crumbs	.0075
Gas, medium, 30 min.....	.0057
Gas, hot oven, 15 min.....	.0120

About 4 cupfuls cost.....\$0.3341
Or 8 cents per cupful. Half cupful should be a portion of this.)

Boil the fish and pick it apart in large flakes. Rub the butter and flour together; add the milk, stir until boiling. Take from the fire; add the fish and seasoning. Stand over hot water until thoroughly heated; turn into a baking dish, cover with bread crumbs and brown quickly in the oven. This may be served in ramekins or small individual dishes, and any kind of fish may be used.—I. G. C.

Kipperd Salmon Toast.

	Cost.
1 lb. kippered salmon.....	\$0.2500
6 slices bread.....	.0200
1 quart milk.....	.1250
1 T butter.....	.0156
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0010
Gas, 30 minutes.....	.0023

Cost

 \$0.4142 |

Serves six people at cost of less than 7 cents per portion.

One pound of kippered salmon, cut in six squares; boil slowly in one pint water 20 minutes. Be careful to keep fish intact, as this adds to its daintiness. Pour over this 1 quart milk, add butter, pepper, salt to taste. Thicken with tablespoonful flour. Boil up and pour over buttered toast. In serving, place toast on individual platter, square off fish on top, pour over the gravy and place sprigs of parsley round the plate.—Mrs. Cooley, 291 East Fifty-second street.

Halibut Chowder.

	Cost.
1½ lbs. of halibut.....	\$0.2225
$\frac{1}{4}$ lb. salt pork.....	.0500
$\frac{3}{4}$ lb. dry onions	.0375
1 lb. potatoes	.0250
1 pt. milk.....	.0600
1 T salt	.0008
$\frac{1}{2}$ t pepper	.0042
Gas, medium, 10 minutes.....	.0019
Simmering, 30 minutes.....	.0020

Cost of 2½ quarts.....\$0.4039

Cost per quart, 16 cents; per cupful, 4 cents.

Cut the pork into small cubes and fry brown, pour with fryings into an iron pot or skillet. Cut the fish in pieces, lay in the kettle with alternate layers of sliced tomatoes, onions and seasoning. Cover with two quarts of boiling water and cook 40 minutes. Then add the milk, let come to boiling point and serve. This is delicious and very substantial. It makes two and a half quarts.—Mrs. G. Spencer.

Smothered Halibut.

	Cost.
2 lbs. halibut	\$0.3000
1 lb. potatoes	.0250
$\frac{1}{2}$ lb. salt pork.....	.1000
2 onions (large)	.0200
$\frac{1}{2}$ t pepper	.0042
1 t salt	.0003
Gas to fry	.0149

Cost

 \$0.4644 |

Cut the salt pork in slices and fry slowly. When the pork is brown take it out and put in slices of onions. Cook them till about a third done; then skim them out and lay some of the fish on bottom of the pan. Over this spread some of the onions and a dash of salt and pepper. Cover with the sliced raw potatoes and sprinkle

with salt; then put on another layer of fish covered with onions and potatoes—the top layer should be formed of potatoes. Cover closely and cook slowly. It will take 50 minutes and should be set over asbestos mat to keep from burning. This is enough to serve six people and forms the main part of a good meal—Mrs. G. Spencer.

Moulded Halibut or Salmon.

With Creamed Peas.	Cost.
1 lb. fish, salmon or halibut...	\$0.2000
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
1 T cornstarch	.0125
2-3 c milk	.0178
1 c mashed potato (left over) ..	.0125
Gas to cook, 40 minutes.....	.0076
$\frac{1}{2}$ c peas	.1000
1 c milk	.0268
2 T flour	.0018
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
Gas, 10 minutes	.0019

Serves 6 people.....\$0.3835
About 6c per portion 0639
Moisten the cornstarch in the milk; add the potato, fish (minced), and salt and pepper. Butter a mould. Arrange a layer of peas on the bottom. Place the fish mixture on top. Set the mould in a pan of hot water, cover and boil 40 minutes. Turn out on a platter and serve with creamed peas surrounding the mould.—Mrs. Metzger.

Small Fish

Broiled Salmon Trout.

	Cost.
$\frac{1}{2}$ lb. salmon trout	\$0.3000
1 T butter	.0156
1 t salt	.0003
Gas full heat 10 min.....	.0080

Serves six\$0.3239
Cost of 1 portion less than $5\frac{1}{2}$ cents.

Clean and scale fish. Split open down back. Arrange skin down in a shallow pan large enough to allow the fish to lie flat spread out. Dot with bits of butter. Set under the broiling flame at full heat. Watch carefully to avoid burning. When partly cooked sprinkle with salt and remainder of butter. Test with a silver fork and when tender clear through set in oven for a minute or two to insure sufficient cooking of under side. Serve at once. Several persons who were sure they did not like fish have changed their minds after tasting this.—Mary G. Morrison. 752 Montgomery Drive.

First Prize—For the best recipe for cooking and serving fish of any kind in any way, except in soups or chowders. Won by Mrs. Otto Heyde, 181 Grover street, with her

Fish Stew.

(Entered for First Prize.)

	Cost.
$\frac{3}{4}$ lb. salmon.....	\$0.1100
$\frac{3}{4}$ lb. halibut	.1200
$\frac{1}{2}$ lb. black cod.....	.0500
1 quart can tomatoes.....	.1500
$\frac{1}{2}$ lb. rice.....	.0305
1 medium sized onion.....	.0125
1 green pepper	.0200
2 T olive oil	.0200
1 T salt	.0008
Parsley from garden.....	.0000
Fuel, gas, medium, 10 minutes.	.0019
Simmering, 30 minutes.....	.0020

Cost of three quarts\$0.5175
Cost per quart, 17 cents; per cupful, $4\frac{1}{4}$ cents.

Preparing Fish Stew.—Put olive oil in pot. Add minced onion, green pepper and raw rice. Braise for 10 minutes over slow fire. Now add one pint of water and can of tomatoes. Bone and skin fish and put in pot with the salt. Let all come to a boil. Cover pot and simmer for 30 minutes, finish with chopped parsley.

To make stew more tasty, with little additional cost, add, when almost done, some crab flakes, clams and oysters.—Mrs. Otto Heyde, 181 Grover street, city.

Baked Shad.

(Entered Under First Prize.)

	Cost.
1 shad	\$0.2500
1 c mashed potatoes	.0149
1 small onion.....	.0100
1 T salt	.0008
Fuel 1 hour wood ($\frac{1}{2}$ use)....	.0143

Cost\$0.2900
Wash and scale shad, salt, stuff with potatoes and onion dressing. Bake slowly with just enough water to prevent sticking to pan.—Mrs. F. N. Taylor.

Baked Cod (Black).

	Cost.
2 lbs. codfish	\$0.3000
$\frac{1}{4}$ lb. salt pork	.0500
2 c bread crumbs	.0300
1 pt. milk	.0600
1 t pepper	.0083
1 T salt	.0008
Parsley (in garden)	.0000
Gas, 35 minutes' baking.....	.0149

For six people costs.....\$0.4640
One portion costs, $7\frac{1}{2}$ cents.

Figures on The Telegram Market Page Are
Guaranteed Correct

Put the fish in baking pan after seasoning with salt and pepper. Pour over it one pint of hot water, lay slice of pork on top to baste, and bake 15 minutes. Have a dressing made of bread crumbs, parsley and seasoning, wet with part of the milk. Cook 20 minutes longer, add remainder of milk, boil up and serve. This is enough for six people.—Mrs. Spencer.

Scalloped Spaghetti and Black Cod.

	Cost.
1½ lbs. black cod	\$0.1200
1 c cooked spaghetti	.0400
1 c rolled crackers	.0300
(or dried bread crumbs)	
1 c stewed tomatoes	.0200
3 T butter	.0800
Salt, pepper and flour.....	.0020
Fuel 1 hour	.0200

Good full meal for 4 persons. \$0.3120
Peel off the skin from the fish, using a sharp knife, and put into a cheese cloth bag, and boil 25 minutes, and pick to pieces with a fork.

Break up spaghetti rather fine, cook, rinse and cool. Make thin gravy with a cup of the water the fish was boiled in, a T of butter, and one of flour. Mix all together with the 2 T of butter, salt and pepper to taste, in any kind of a baking dish, sprinkle some cracker crumbs over the top, and bake 30 minutes in hot oven.—Mrs. T. M. Kellogg, 270 Graham avenue, Portland, Or.

Fresh Cod Chowder.

	Cost.
Fresh black cod, 12½c lb.	\$0.1500
½ pt. milk	.0268
1 lb. potatoes	.0250
Four green onions	.0150
1 T flour	.0009
1 t salt	.0003
Gas 40 min.	.0076

Total \$0.2256

Makes about a quart and serves four persons. Cost of one portion 5½ cents.

Cut fish into good sized cubes. Plunge into boiling salted water in which are several green onions. Lower heat and cook below boiling point about 15 minutes or until fish is tender. Add milk, salt, the freshly boiled potatoes and stir in flour made into paste with a little cold milk. Stir gently and avoid breaking the fish.—Mary G. Morrison, 752 Montgomery Drive.

"Wild" Fish.

(Caught on a fine trip, no cost).
An original, and the writer assures me, a very delicious way to cook fish.

	Cost.
8 fine, 10-in. mountain trout..	\$0.0000
3 oz. Wesson oil	.0700
8 T flour (½c)	.0073
1 t salt	.0003
½ t pepper	.0010
Fuel, 25 minutes, Hot Point electric oven	.0125

Total \$0.0911
Serves 4 persons at a cost of 2¼ cents each.

Clean and wipe dry, roll in flour, sprinkle on salt and pepper, put oil in dripping pan, lay fish in the oil, then turn so they will be well covered with oil; place under broiler and brown; turn and brown the underside; have one layer of fish in large broiling pan and do not break in turning.—Mrs. C. M. C., 677 East Ash street, city.

(Another recipe for electric cooking which we are glad to get, especially as though different from usual, is not expensive.)

To Fry Fish.

	Cost.
12 small trout.....	\$0.1500
3 T flour	.0027
½ t salt	.0002
1 egg	.0417
Wool fuel to cook 15 min. (½ use)	.0035

Enough for 4 people \$0.1981
Or 5 cents each.

Cut the heads off. Clean well; if the fish is very large take backbone out. Dredge the pieces with flour, then brush over beaten egg. Then sprinkle flour over them and put in hot lard. When brown on one side place a plate over them and turn on the plate, then put back in the pan and they won't become broken. Put back on stove and brown. Serve hot.—Mrs. J. L. Egger, Grants Pass, Or.

(Above are Grants Pass prices. That is a very valuable suggestion to keep fish from breaking.)

Pickled Smelt.

To many who salted smelt this spring or summer, this makes a nice change and luncheon relish.

Soak over night, or until sufficiently fresh by changing waters, as many smelt as will fill a moderate size oval dish (after draining or drying), add a little mustard seed, a few cloves, a few small red peppers, two or three bay leaves, a little mustard or any other spice liked, then cover with good vinegar and steam one hour or less. Eat cold. Will keep a week or more in cool place.—Mrs. E. A. Fairchild, 1974 East Pine street, city.

Phone Your Want Ads to The Telegram—
Broadway 200, A 6701

Cod Fish

Codfish Souffle.

	Cost.
2 lbs. black cod.....	\$0.2500
1 t salt	.0003
1½ t pepper.....	.0010
1 T butter.....	.0156
2 eggs (preserved)	.0600
2 c skim milk	.0125
Wood heat, to bake 20 minutes (½ use)	.0055

Cost for six persons.....\$0.3449
Or less than 6 cents each.

Wash and skin fish and run through meat chopper; bring milk to boil, add fish, butter and seasonings; stir in unbeaten yolks of eggs; beat whites to stiff froth and fold in lightly; bake in casserole without cover 20 minutes. Sufficient for six persons.—Mrs. Shard.

Fish and Potato Mold.

Take equal parts of cooked fish and cold mashed potatoes; two or three ounces of butter, salt and pepper to taste.

1. Flake the fish and remove the skin and bones.

2. Remash the potatoes and melt the butter.

3. Pound the fish, potatoes and butter together until quite smooth.

4. Add the seasoning and press the mixture into a mold.

5. Turn the shape out into a dish and place it in the oven.

6. Brown on all sides. Time, about ¼ of an hour.

7. Serve very hot, garnish with parsley.—I. G. C.

(We will be very glad of economical suggestions without prices, like the above, at any time, for using up the left overs.)

Cod Fish Balls.

	Cost.
1 c salt cod	\$0.0468
2 c potatoes	.0250
1 egg—at 50c a doz.....	.0417
1 t salt	.0003
½ t pepper	.0010
Gas, 30 min.	.0057

Cost to serve 6 persons.....\$0.1205

Cost to serve 1 person..... .0200

—Mrs. R. C. Day.

Fish Balls

	Cost.
1 T flour	\$0.0009
1 T butter	.0156
½ c milk	.0134
1 c flaked fish, left over.....	.0000
2 eggs	.0833
¾ t salt	.0003
½ t pepper	.0010
3 T fat for frying	.0468
Gas, 15 minutes	.0029

Cost for 4 persons, beside
left over

Or 4 cents each.

Make a sauce of butter, flour and milk. Cook until quite stiff. Mix well with 1 cupful flaked fish and add two well beaten eggs and salt and pepper. This should be of consistency of a thick batter and when dropped into or on boiling hot fat will puff up light and delicate.—Mrs. L. M. Welch, 1351 East Lincoln street.

Codfish Gravy.

	Cost.
¼ lb. dry codfish	\$0.0500
1 T butter	.0156
1½ c milk	.0402
½ c water	.0000
1 t salt	.0003
¼ t pepper	.0021
2 T flour	.0018
Gas, 20 minutes	.0038

One pint of gravy costs.....\$0.1138

Soak the fish about an hour, then pick in flakes. Put in frying pan, cover with cold water and bring to a boil. Then drain off all but about a half cup of the water, add the milk, butter, pepper and salt. When it boils stir in the flour, which has been mixed smooth with cold water, boil about three minutes and serve.—Mrs. L. M. Welch, 1351 East Lincoln street.

Dried Fish Chowder.

This is another war time cooking recipe—much cheaper than the one we had previously.

	Cost.
½ lb. salt fish (20c lb.).....	\$0.1000
4 c potatoes.....	.0500
½ lb. salt pork (38c lb.).....	.0467
1 small onion (¼c)	.0062
4 c skim milk (10c gal.).....	.0250
¼ lb. crackers	.0450
Gas, for ¼ hr.	.0086

2 qts. chowder costs.....\$0.2815

One quart costs 14c, one cupful, 3½ cents.

One-half pound salt fish, 4 cups potatoes, cut in small pieces, 2 ounces salt pork, 1 small onion, chopped, 4 cups skim milk, 4 ounces crackers.

Salt codfish, smoked halibut or other dried fish may be used in this chowder. Pick over and shred the fish, holding it under lukewarm water. Let it soak while the other ingredients of the dish are being prepared. Cut the pork in small pieces and fry it with the onion until both are a delicate brown, add the potatoes, cover with water, and cook until the potatoes are soft. Add the milk and fish and reheat. Salt, if necessary. It is well to allow the crackers to soak in the milk while the potatoes are being cooked, then remove them, and finally add to the chowder just before serving.

Sea Food

Clam Chowder—7 Recipes.

Third Prize—For the best soup or chowder made of any fish or sea food, was won by Mrs. F. N. Taylor.

Clam Chowder.

	Cost.
Salt pork, ½ lb.	\$0.1000
2½ lbs. potatoes.	.0625
½ lb. onions.	.0166
1 can clams (minced) ..	.1500
1 pt. milk.	.0600
1 T salt (about)	.0008
Fuel, wood fire (1 hour, ½ use)	.0143

Cost\$0.4042

Amount, two quarts, or 5 cents per cupful.

Cut salt pork (or bacon) in cubes, fry out. Put in sliced onion and fry until slightly brown. Add diced potatoes, a quart and a half of water and cook until potatoes are tender. Add clams, simmer 15 minutes, put in milk, bring to a boil and serve with bread croutons.—Mrs. F. N. Taylor, 5511 Fifty-second avenue Southeast.

Clam Chowder.

	Cost.
1 c milk.	\$0.0268
1 T butter.	.0156
1 slice salt pork.	.0600
1 qt. hot water.	.0000
1 good-sized onion (1 T)....	.0016
2 large potatoes (1 lb.)....	.0250
1 pt. minced clams.	.1500
1 pt. hot water.	.0000
2 soda crackers.	.0080
1 t salt.	.0003
½ t pepper.	.0010
Gas, 30 min.	.0057

Cost for 1½ qts.\$0.2940

Cost per cupful, less than 5 cents.

Cut the pork in small dice and fry crisp, mince onion and fry in the pork fat (do not let them brown), pare the potatoes and cut in dice. Put the pork, potatoes, fried onions and crackers broken in small pieces and chopped clams in the soup pot in layers, cover with the hot water. Boil until potatoes are done. Add the milk and season with salt, pepper and butter. Serve at once.—Mrs. L. M. Welch, 1351 East Lincoln street, city.

Recipe for Clam Chowder.

	Cost.
1 pt. butter clams.	\$0.1500
2 medium sized carrots (2-3c) ..	.0100
1 large onion (1 c)	.0250
6 large potatoes (2 lbs.)....	.0500
1 R t salt.	.0006
1 t pepper.	.0083
1 c milk.	.0268
Wood heat, 1½ hrs., ½ use....	.0201

Cost for 3 quarts\$0.2908

Cost per quart, 9 2-3 cents; per cupful, less than 2½ cents.

Put vegetables in kettle after cutting very small, and just cover with water. Let cook half hour, or until

nearly done, then cut clams in two or three pieces, and put in with vegetables. Add salt and pepper and let simmer slowly about one hour. Just before serving add the milk. This makes a very economical and nourishing meal for five persons, eating heartily.

As clams cannot be bought at all times, oysters can be used in their stead, but I have always made it with clams, as oysters are usually so high-priced.—Mrs. James Farrell, 999 East Morrison street, Portland, Or.

Clam Chowder.

	Cost.
Salt pork, ½ lb.	\$0.1000
2½ lbs. potatoes.	.0625
½ lb. onions (at 4c).....	.0200
1 can clams (minced)	.1500
1 pt. milk.	.0600
1 T salt (about).....	.0008
Fuel, wood fire (1 hr., ½ use) ..	.0143

Cost\$0.4076

Amount, two quarts, or 5 cents per cupful.

Cut salt pork (or bacon) in cubes, fry out. Put in sliced onion and fry until slightly brown. Add diced potatoes, a quart and a half of water and cook until potatoes are tender. Add clams, simmer 15 minutes, put in milk, bring to a boil and serve with bread croutons.—Mrs. F. N. Taylor, 5511 Fifty-second avenue Southeast.

Clam Chowder.

	Cost.
¼ lb. bacon.	\$0.1125
2 lbs. potatoes.	.0500
½ lb. onions.	.0200
6 medium carrots (2 c).....	.0300
1 can minced clams.....	.1500
1-3 can condensed milk.....	.0500
1 T salt (scant)	.0008
Fuel, wood fire, 1 hour (½ use) ..	.0102

Cost for 6 people or 7c each..\$0.4235

Cut bacon in cubes and fry out. Add coarsely chopped onions and let brown lightly. Add diced potatoes and carrots, a quart and two-thirds of water and cook until vegetables are tender. Add condensed milk, clams and salt, bring to boil, then set on back of stove to simmer till ready to serve. Serve hot with salted wafers or bread croutons.

This will serve six people with a goodly supply.—Mrs. I. H. Crawford, Maplewood, Or.

Clam Chowder.

I have been very much interested in your work and will gladly add my way of making clam chowder, which is a little different from any I have seen, as so many have told me it was the best they ever tried.

	Cost.
1 cup clams, minced.	\$0.0500
½ lb. salt pork, diced.....	.1000

1 pint milk	.0600
2 c potatoes, diced	.0250
1 c tomatoes	.0267
1 carrot (½ c), diced	.0075
1 onion (½ c), diced	.0125
1 T salt	.0008
1½ quarts water	.0000
Fuel ½ hour, wood, (½ use) ..	.0070

Cost\$0.2895

Enough for six people costing a little over 42-3 cents each.

Fry the salt pork (or bacon) lightly, adding the onion, then 1½ quarts water, vegetables and seasoning and cook till tender. Now add the milk, slightly thickened, and you have a most appetizing, as well as nutritious, meal. Many would like a dash of red pepper.—Mrs. Hembree.

Clam Chowder.

	Cost.
2 c skim milk	\$.0125
1 lb. potatoes	.0250
3 small slices bacon	.0600
1 onion (about 1 T)	.0016
1 can clams	.1500
1 T salt	.0008
1 bay leaf	.0001
6 allspice	.0001
1 qt. water	.0000
Wood fuel, 1 hour (½ cost) ..	.0102

Cost for two quarts\$0.2598

Thirteen cents per quart, or 3¼ cents per cupful.

Put potatoes, cut fine, onion and bacon, cut fine, to cook covered with water; when done add the milk, clams, bay leaf, allspice and salt; let simmer for about 15 minutes and serve. This is both good and nourishing.—Mrs. E. J. Hawkins, Kalama, Wash.

Second Prize—For the best method of cooking and serving any other sea food or fresh water food, aside from fish (such as clams, crabs, oysters, lobsters, crawfish, eels, etc.)—not in soups or chowders. This was won by Mrs. G. Spencer, 1260 East Davis street. Mr. Theonen says of this: "This makes a dandy pie, a little onion and thyme leaves should be added, and it will be very appetizing."

Clam Pie.

	Cost.
1½ doz. razor clams (15c doz.) ..	\$.02250
1 lb. potatoes (10 lbs. 25c)	.0250
2 c flour	.0296
1 T salt	.0008
½ t pepper	.0042
1 T butter	.0156
1 T lard	.0156
Gas, simmering 30 minutes	.0020
Gas, oven medium 15 minutes ..	.0064

Enough for six people.....\$0.3242

Or 51-3 cents each, as this makes a delicious, large pie.

Chop the clams into small pieces, bring to boiling point in their own liquor, then set back to simmer for 30 minutes; cut the potatoes into slices, put them in the clams with half tea-

spoonful salt, quarter teaspoonful pepper and one teaspoonful butter; make a crust with the two cupfuls of flour and one tablespoonful lard, half teaspoonful salt, two-thirds cupful cold water; line a pudding dish half way up the sides; turn a small teacup bottom up in the middle of the dish to keep up the top crust; put the clams and potatoes in with spices and one cupful of hot water; put on top crust, bake 15 minutes and serve.—Mrs. G. Spencer, 1260 East Davis street, city.

Casserole or Scalloped Clams.

	Cost.
½ c clams	\$.01250
11 crackers	.0412
1 cup milk	.0268
1 T butter	.0156
1 T salt	.0008
1 t pepper	.0083
Gas to bake 45 minutes (½ use) ..	.0110

Serve 6 people for.....\$0.2288

Or less than 4 cents each.

Butter casserole or round baking pan lightly but evenly; line bottom of pan with crushed cracker crumbs; put rest of crushed crumbs into another dish and mix clams, salt and pepper until clams are evenly distributed. Put this mixture into baking dish and dot with butter. Cover with milk and bake immediately in medium oven. I figure only ½ cost of gas as I bake potatoes or tomatoes at same time. Canned clams are nice but prefer razor or the butter clams which are richer in flavor and cheaper.—Mrs. F. L. Sadler, 2202 E. Morrison street.

Scalloped Clams.

	Cost.
1 can minced clams	\$.01500
½ dozen crackers	.0160
1½ c milk	.0402
1 T butter	.0156
½ t pepper	.0010
1 t salt	.0003
Gas baking ½ hour	.0110

Cost for 4 persons.....\$0.2341

Or 6 cents each.

Fresh clams may be used, if cleaned and put through grinder. In buttered baking pan put layer of clams, layer of crackers, sprinkle with salt and pepper, dot with butter till all are used. Cover with milk to within one inch of top. Bake about 30 minutes.—Mrs. L. M. Welch, 1351 East Lincoln street.

Creamed Clams.

	Cost.
1 can clams	\$.01250
1 pt. milk	.0535
3 T flour	.0027
1 T butter	.0156
1 t salt	.0003
½ t pepper	.0010
6 small slices bread	.0300
Parsley to garnish	.0000
Gas, 10 min. for toast	.0019
Gas, 15 min. for clams	.0028

Serves 6 people\$0.2328

Less than 4c per portion 0388

Blend the flour with a little milk and add to hot milk. Add clams, salt, pepper, and butter. Cook a few minutes. Toast the bread and trim neatly. Lay each piece on an individual plate. Cover with creamed clams. Garnish with parsley.—Mrs. Metzger.

Clam Fritters.

	Cost.
½ cup clams	\$0.1250
1 egg	.0487
¾ cup milk	.0201
2-3 c cracker crumbs	.0008
1 t salt	.0003
1 t pepper	.0083
2 T lard for frying	.0175
Gas, 20 min.	.0038

Makes 12 large fritters. \$0.2245

Run clams two times through chopper. Beat egg until real light. Add clams, crumbs (rolled fine), salt, pepper and milk. Fry immediately in hot griddle, using 1 T of batter to each fritter. Use either fresh butter or razor clams or canned minced clams. Fresh clams are always richer in flavor and cheaper. Butter clams can be bought cleaned and ready to use.—Mrs. F. L. Sadler, 2202 East Morrison street.

Clam Fritters.

(A Combination Recipe.)

	Cost.
2 doz. razor clams (¾ cost at 15 cents per doz.)	\$0.2250
1 egg (at 50c per doz.)	.0416
2 c bread crumbs	.0300
1 T salt (about)	.0008
Fuel 30 min. wood (½ use)	.0143

2 doz. fritters cost. \$0.3117

Cost per doz., 15½ cents.

Amount 2 dozen average size. Save out necks of clam for broth (¼ cost), put remainder through food chopper, then drain off surplus broth and put with necks. To minced clams add egg, bread crumbs and salt. Mix well and drop by spoonfuls on well-greased griddle. Fry brown and turn. Serve hot, with or without lemon garnish.—Mrs. F. N. Taylor.

Clam Nectar.

	Cost.
Neck of clams (¼ cost clams)	\$0.0750
Salt, 1 t	.0003
Butter 1 t	.0156
Fuel, 1 hr. (½ use)	.0140

Cost

Amount, 1½ quarts, or 1¾ cents per cupful.

Put clam necks through food chopper; add broth saved from clams; cover with six cupfuls of cold water and simmer one hour. Add salt and butter and serve very hot.—Mrs. F. N. Taylor.

Oyster Fricassee.

For second prize—		Cost.
1 pint oysters		\$0.6000
2 T butter		.0312
½ t white pepper		.0010
1 t salt		.0003
Sauce—		
2 T flour		.0048
2 T butter		.0312
1 c milk		.0268
1 c oyster liquor		.0000
1 egg, at 50c dozen		.0417
1 t lemon		.0063
Gas, 30 minutes		.0057

Cost of one quart

Or about 9½ cents per half cupful.

Place first ingredients, except oysters, in a saucepan. When hot add oysters, cover and shake pan; when oysters are plump, drain and place where they will keep hot. Use liquid in pan in sauce.

Make sauce, add oysters and heat. Serve in toasted bread boxes or Swedish timbale cases.—Mrs. R. C. Day.

Oysters With Macaroni.

	Cost.
Oysters and oyster liquor	\$0.2000
1 c macaroni (6 oz. at 8 1-3c) ..	.0950
½ c milk	.0134
1 T butter	.0156
1 t salt	.0003
½ t pepper	.0010
1 T flour	.0009
Gas (simmering), ½ hour	.0050
Oven (medium) ½ hour	.0150

1 quart or 4 helpings

1 cupful or one helping

Cook the macaroni until tender, blanch it in cold water. Melt the butter, but do not brown, add flour and rub until smooth. Pour in the milk, and oyster liquor and stir until thickened. Now place a layer of macaroni in greased casserole, add layer of oysters, season, fill dish with alternate layers, pour the sauce over top and bake ½ hour in medium oven.—Mrs. J. L. Ringo, 819 East Burnside street.

Clam or Oyster Bisque.

	Cost.
1 T butter	\$0.0156
2 T flour	.0018
3 c hot milk	.0804
2 t salt	.0006
½ t pepper	.0010
Minced parsley (if liked)	.0000
1 can clams or oysters	.1250
Gas, 15 minutes	.0028

Makes about 5 cups, cost of. \$0.2272

Or about 4½c per cup.

Drain the oysters or clams and wash. Strain the liquor through a cloth to remove the sand. Heat the oysters or clams in their own liquor. Make a white sauce of the butter, flour and 1 c milk. Add balance of the milk, the clams or oysters with the liquor, salt, pepper and parsley. Serve hot.—Mrs. Metzger.

Additional Recipes

**Poultry
and
Wild Game**

Poultry and Wild Game

POULTRY

- I. Turkey—Roasted, Fricasseed.
- II. Chicken—Roasted, Stewed, Southern, Escalloped, Panned, Fricasseed with Macaroni, En Casserole, Chicken Pie with Noodles, Breaded, Croquettes, Fried, Jelly.
- III. Goose—Roasted.
- IV. Squab—En Casserole.
- V. Duck—Roasted.

WILD GAME

- I. Wild Duck—Roasted.
- II. Belgian Hare (listed with wild rabbits)—Panned.
- III. Rabbits—Selecting Rabbits, Cooking Rabbits, Baked or Roasted, Stewed, Pie, Casserole, Fricassee, Fried, Spiced, Mince Meat.
- IV. Pheasants—Stewed, Roasted, Fried.
- V. Prairie Chicken—Steamed.
- VI. Quail—On Toast.

Turkey—the King of Fowls

Preparing Fowls.

In preparing chickens, ducks, turkeys, or wild fowls, I always treat them to a bath with Ivory soap and warm water, using a brush or clean white cloth to scrub them with. Rinse well and draw.

If fowls are bought on the market be sure to wash well. I have seen people scald them in very filthy tubs and pails.

Where fowls are to be cut up before cooking always unjoint them, then there will be no danger of killing your family or friends on small pieces of bone. Cut the breast bone lengthwise and crosswise with a very sharp knife.—Mrs. W. W. Williams.

Roast Turkey—Medium Size.

I—Oyster Stuffing.

	Cost.
2 c bread	\$0.0300
1 pt. oysters	.6500
1 large onion (½ c)	.0083
½ c melted butter or fat from turkey	.0125
1 t sage	.0083
1 t salt	.0003
½ t pepper	.0010

Cost of oyster stuffing.....\$0.7104

To make oyster stuffing use one small loaf baker's bread; crumble bread very fine; add hot water enough to moisten it; cover tight; mince one large onion; add one pint of oysters, half cup melted butter, one teaspoon sage, salt and pepper to taste. Mix all together, stuff the turkey and sew up. Stuff the breast also, where the crop has been, and sew up.

II—Turkey.

	Cost.
8 lbs. turkey (35c lb.)	\$2.8000
½ c butter to rub over.....	.1250
1 t salt	.0003
½ t pepper	.0010
2 T flour to dredge	.0018
½ t salt	.0001
Wood fire (3 hrs. ½ use)	.0330

Cost for 8-lb. turkey.....\$2.9612

Cost for oyster dressing 7104

Cost for 22 portions.....\$3.6716

Cost per portion, 16½ cents each.

Figured to serve 16 people at a company dinner, and to have enough left to serve a family of six the next day.

After washing and drawing turkey, stuff it with the oyster dressing given, or any of the desired stuffings; then sew it up, truss and rub with butter, sprinkle on pepper, salt and flour. Put in hot oven to roast, reduce the heat and put two cups of water in roasting pan. Baste frequently and each time dredge on small bit of salt and flour mixed. Roast 20 minutes to the pound and 20 minutes extra.

Or use, instead, this cheaper

III.—Bread Dressing.

	Cost.
½ loaf bread	\$0.0300
½ teacup butter or fat	.0125
1 egg (cooking)	.0400
1 T minced onion	.0010
½ t sage	.0042
½ t salt	.0002
½ t pepper	.0010

Cost of plain stuffing\$0.0888

Half loaf of bread; half teacupful butter; stir into bread; add a beaten raw egg and stir it in well; one tablespoonful minced onion; sage or parsley for seasoning; a pinch of salt and pepper. This is excellent for fish, meat or fowl.

Giblet Gravy for Above.

Boil giblets very tender (begin to boil early), then chop fine and add salt and pepper and sufficient flour to thicken. When turkey is removed strain the gravy from the pan and boil it. Make an ordinary gravy with the balance left in the pan; add one teaspoon parsley and serve.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

Roast Turkey and Giblet Gravy.

	Cost.
Turkey, 10 lbs.	\$3.5000
Inside loaf stale bread.....	.0600
½ cup melted butter.....	.0125
1 egg (cooking)	.0400
½ cup rich milk.....	.0134
1 onion, chopped fine (1 T)....	.0016
1 t salt	.0003
1 t sage	.0083
½ t pepper	.0001
½ cup flour (dredging).....	.0072
Wood oven, heat 2¾ hours (½ use)	.0393

For turkey and dressing...\$3.6836

For 20 people, or 18½ cents each.

Serve with cranberry sauce.

Dressing—Crumb the bread fine, melt butter and pour over bread crumbs. Mix together thoroughly. Beat egg and mix with ½ cup rich milk and add to bread. Mix as lightly and as quickly as possible. Add seasoning and put into fowl carefully and not too tight. After stuffing fowl dust with pepper, salt and thick coat of flour. Place bird in roasting pan and fill with boiling water. Place fowl, breast downwards, in the pan as this allows the juices to run into the white meat, making the usually dry meat juicy and delicious. Turn the breast up about 1 hour before removing from the oven to brown. Allow about 25 minutes for each pound and cook slowly until half an hour before done. Then have a very hot oven to brown and crisp the skin. Baste every ten minutes.—Mrs. H. H. Minard.

For Roasting Turkey.

Prepare your turkey the night before. Clean and wash it, then let it stand in cold water one hour; then drain off the water and put in a cool place over night. In the morning salt and pepper it, take 2 tablespoonfuls of butter and rub it all over, all parts of it. Sprinkle flour over it, then take one pound of the best suet and cut it in strips half an inch thick and lay it all over the top of the turkey. Now put it in the roaster. Roast 3 hours, or till it makes it nice and tender.

Dressing—For dressing, take one cup of butter, put it in the frying pan, let it fry until dark brown; then take bread, cut in pieces, let it fry until brown. Then add one large onion, chopped fine, sticks of celery, salt, pepper, sage and enough water to make it ready for use, as stuffing. You will find this delicious.—Mrs. R. E. Crome, Mt. Angel, Or.

Fricaseed Turkey.

	Cost.
Left-over turkey	\$0.0000
Herbs from garden	.0000
1 onion	.0250
Lemon peel (by-product)	.0000
1/8 t pepper	.0100
1 t salt	.0003
1 egg yolk (1/2 egg)	.0200
2 T cream	.0055
Heat	.0025

Cost to serve left-over turkey, \$0.0655.

Cut the remains of cold roast turkey into slices. Place bones and trimmings in the kettle with a bunch of savory herbs, an onion, a little lemon peel, pepper, salt and one pint of water. Put on stove and boil five minutes. Remove to the fireless cooker for two hours, using one radiator. Then strain and lay in the pieces of turkey. When warmed through, beat the yolk of an egg with two tablespoonfuls of cream. Add slowly to the mixture, and when it thickens it is ready to serve.—Mrs. Williams.

Chicken—the Family Favorite**Roasted Young Chicken.**

	Cost.
2-lb chicken at 30c.....	\$0.6000
1 T butter	.0156
1 t salt	.0003
1/8 t pepper	.0010
1 T flour for thickening.....	.0039
Wood fuel 40 min. (1/2 use)....	.0095

Cost to serve chicken.....\$0.6273

Prepare the chicken for cooking and rub with the butter, salt and pepper. Roast for 40 minutes in a hot oven. Put giblets in a pan on top of the stove and boil until tender; add to gravy in roasting pan and thicken. Serve with the chicken.—Mrs. Lindahl.

Roast Chicken and Dumplings.

	Cost.
Hen weighing 8 lbs. at 25c....	\$2.0000
1 T flour for thickening.....	.0009
2 eggs	.0080
1 1/2 R t baking powder.....	.0064
1/2 t salt	.0002
1 pt. flour	.0291
Wood for cooking 3 hrs. (1/2 use)	.0429

Cost to serve 16 people.....\$2.1595

Cost for each, 13 1/2 cents.

Take an old hen and boil until tender; lay in roasting pan with a little of the broth and brown a nice golden brown all over; remove the chicken and add more broth to make about 1 1/2 quarts of gravy; thicken and drop in dumplings made as follows: Beat one or two eggs very light, add one-third cup of water for each egg used; sift in 1 1/2 teaspoonfuls baking powder (heaping), one-half teaspoonful salt and flour enough for a very stiff batter. Drop by teaspoonfuls in the

boiling gravy, boil about six or seven minutes and serve around the chicken. These are always light if properly made.

As we live on a farm and raise everything we use, I am unable to figure out the costs. Our hens and roosters average six to eight pounds each, and that is more than a city family wants to buy as a rule.

Both of these recipes I have used for several years and find them to be very good.—Mrs. O. W. Lindahl, R. No. 2, Linnton, Or.

(Mrs. Rorer uses this recipe for dumplings by leaving out the eggs entirely, using 1 R t baking powder and 2-3 c milk or water. Cooking 10 minutes when dropped by teaspoonfuls. I drop from tablespoon and boil 20 minutes or longer. Be careful to keep kettle covered tightly and boiling gently all the while.)

Baked Chicken.

	Cost.
3-lb. hen	\$0.7500
1/2 lb. sausage meat.....	.1000
1 c of mashed potatoes.....	.0116
1 t salt	.0003
1/2 t pepper	.0010
1/2 t sage	.0042
1 c of Crisco to rub over.....	.1074
1 T flour	.0009
Gas to bake 3 hours.....	.0660

Cost to serve 7 people.....\$1.0414

Or 15 cents each.

Mix the sausage meat and potatoes together, add salt, pepper and sage, then half a cup of hot water to keep it moist, take the giblets and neck, put on to boil in one pint of cold

water, stuff the chicken and sew up; rub over with the Crisco; put in roast pan with one quart of water; baste several times while baking; when the chicken is done, lift out; chop the giblets quite fine; thicken the gravy with the flour stirred smooth in half cup cold water; add the chopped giblets and serve. This serves seven people.—Mrs. G. Spencer.

Stewed Chicken with Dumplings.

	Cost.
1 chicken, 4 lbs.....	\$1.2000
Water to cover	.0000
1 T salt	.0008
Gas, 2 hrs.	.0228
Dumplings—	
1 egg	.0400
1 t salt	.0003
½ c milk	.0134
1 c flour	.0145
2 t baking powder	.0072
1 c flour	.0010
Gas, 15 min.	.0028
Parsley to garnish.....	.0000

Total\$1.3028

This will make 8 large dumplings, and, allowing ½ lb. chicken to each portion, will serve 8 people at 16¼c each.

Cut the chicken in pieces, cover with water and put on to stew. When partly tender add the salt. Lift the chicken to a hot platter and when the broth is boiling drop in the dumplings by spoonfuls, made as follows: Beat the egg, add salt, milk, the flour, in which the baking powder has been sifted. It should be stiff enough to be cut off in spoonfuls about the size of an egg. Place a tight cover on the kettle and do not lift the cover for 10 minutes. Lift out and arrange on the platter with the chicken. Pepper lightly and pour over the platter the stock left in the stew pan. Garnish with parsley.

If the cover is lifted on the dumplings they will be very heavy and solid, otherwise light and very delicious. Being quite filling, dumplings really lessen the cost of the dish, as a smaller portion of chicken is needed, and, therefore, one chicken serves more people.—Mrs. W. E. Metzger.

Stewed Chicken (Bulgarian.)

	Cost.
3-lb. hen (25c lb.).....	\$0.7500
1 lb. onions	.0250
1 can tomatoes	.1500
½ t chili powder	.0001
1 clove garlic	.0001
1 T salt	.0008
½ t pepper	.0010
Fir wood fire, 3 hrs. (½ use)...	.0612

Serves 6 people at cost of...\$0.9882
Or 16½ cents each.

Cut chicken in pieces and put in skillet with just enough water to cover; let simmer until partly dry, then add the onions sliced; add just a little more water (and if chicken is

not fat add 1 T Crisco or butter), now add garlic, chili powder, salt and pepper and cook until onions are soft; then add the tomatoes. It is better to first rub tomatoes through collander. It must cook until chicken is tender and the tomatoes the consistency of catchup.

The time for cooking I could not give accurately, because of the difference in the age of the chicken. This stew is certainly delicious, and well worth trying. To be served hot on a large platter.—Mrs. D. Sheaffer, 614 Nehalem street, city.

Chicken with Dumplings.

	Cost.
3½ lbs. of chicken (25c lb.)....	\$0.8750
2 c flour	.0282
1 t Crisco	.0087
1 egg	.0400
1 t baking powder	.0036
1 t salt	.0003
1 c milk	.0268
½ t pepper	.0041
1 onion (1-3 c)	.0056
Gas to stew 3 hrs.....	.0342

Cost\$1.0265

Cut the chicken up and put on to cook in one and a half quarts of hot water; add salt and pepper and onion sliced; when boiling turn gas down and cook slowly; when it has cooked two hours and a half make the dumplings as follows:

Sift two cups of flour, one t baking powder, ¼ t salt (twice), rub the butter or Crisco into the flour with tips of fingers, beat the egg well; add to the milk, and mix all together, then drop by spoonfuls into the gravy from which the chicken has been removed; if the gravy has boiled away, add enough boiling water to make three pints before putting in the dumplings; boil without the cover for 20 minutes. This is a never-failing recipe and makes dumplings light as a feather. This serves eight people.—Mrs. G. Spencer, 1260 East Davis street.

Chicken Stew.

	Cost.
4 lbs. young chicken at 30c lb..	\$1.2000
2 t salt	.0006
1 t salt	.0003
¼ t pepper	.0021
1 root celery	.0300
2 T butter	.0312
2 T flour	.0018
Fuel wood 1 hour (½ use)....	.0204

Serves 10 people for.....\$1.2861
Or about 13 cents each.

Take two young chickens or one 5-pound hen. Cut up and stew until tender. Season with salt and pepper, 2 T butter and add celery root. Take 2 T flour and wet with milk or water to thicken the gravy. Place baking powder biscuits in halves on a platter. Put meat on top, pour over the gravy and serve.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

Cream Chicken Stew.

	Cost.
3-lb. chicken	\$0.9000
1 c sweet cream	.1200
1/2 t pepper	.0010
1/2 t paprika	.0016
1 T flour	.0009
Parsley from garden	.0000
Wood fuel, 25 min. (1/2 use)...	.0070

Cost of chicken stew for 6...\$1.0308
Cost for each, 17 cents.

Singe, clean and cut up ready to serve a three-pound chicken. Cover with boiling water and boil slowly for 20 minutes.

Remove the chicken and add to the liquor one cup of sweet cream. Season with salt, pepper and paprika, and thicken with a little flour; add the chicken and boil three minutes. Remove to the fireless and cook for two hours, using one radiator. When ready to serve add a little chopped parsley.—Mrs. Williams.

Southern Chicken.

	Cost.
3-lb. hen, at 25c lb.....	\$0.7500
2 lbs. tomatoes, 4c	.0800
1/2 c cream	.0500
1 T onion juice (1 c minced onion)	.0025
1 T flour	.0009
1 T vinegar	.0016
1 T salt	.0008
1/2 t pepper	.0042
Gas, one hour	.0255
Slow, 2 hours (1/2 on)	.0220

Cost\$0.9375

This is plenty for seven people, or 13 1/2 cents each.

Cut the chicken in pieces and roll in flour. Have skillet ready with two T of melted butter, put in the chicken, season with salt and pepper, pour over all half a cup of cream, cover tightly, place in a hot oven and cook one hour, then turn the gas as low as possible and cook two hours more. Remove the cover and let brown a few minutes. Peel and slice 2 lbs. of tomatoes and cook 10 minutes, strain through a colander, season with a tablespoon of onion juice and one of vinegar. Place on the stove, thicken with one T flour stirred smooth in half a cup of cold water; boil up good and serve.—Mrs. Spencer.

FIRST PRIZE.**Southern Chicken.**

	Cost.
1 chicken (about 3 lbs.)	\$0.7500
2 lbs. tomatoes, sliced and peeled	.1000
3/4 lb. lima beans (can use butter beans)	.1500

1 qt. corn cut from cob (or 1 can of corn)	.1500
4 qts. water	.0000
1 head of celery, cut fine.....	.0500
1 c milk	.0268
2 t sugar	.0008
1 T salt (or more, to taste)....	.0008
2 small red chili peppers (15c lb.)	.0500
1 bay leaf	.0001
1/2 t pepper	.0042
1 medium-sized onion (1/2 c)....	.0125
6 medium-sized potatoes, sliced or diced (1 1/2 lbs.)	.0330
1/2 package of fine noodles.....	.0500
Gas, 3 1/2 hrs. (simmering).....	.0140

To serve 14 people.....\$1.3922

Or about 10 cents each.

Method—Cut chicken as small as possible, place water in large kettle and let boil for three minutes, add onions, beans, corn, potatoes, chicken and spices. Cover tightly and cook very slowly for two and a half hours, stirring frequently from the bottom. Add tomatoes, sugar and celery, and cook for another half hour or even three-quarters. Fifteen minutes before serving add the milk and the noodles. Southern chicken, when ready to serve, should be thick, and is more easily served in large soup dishes or plates.

This is very delicious, as our boys in the South can probably tell you so. Sufficient for at least 14 good-sized soup plates average about 10 cents per plate, and you have had a good big meal when you are through. In place of the chicken you can substitute rabbit or squirrel.—Mrs. P. J. Mahan, 1065 Tillamook street.

Chicken a la King.

	Cost.
4-lb. chicken	\$1.2000
1 can French mushrooms	.4500
1 can peas	.2000
1/2 can pimientos	.0750
1/2 c butter	.1250
6 T flour	.0054
1 c cream	.1500
2 c chicken stock	.0600
1 t salt	.0003
1/2 t pepper	.0010
Cost of electrical range 2 hrs.	.0206

Total\$2.2873

Wash and prepare chicken as usual. Disjoint all joints, cut breast in two, parboil one hour or until tender. Cut mushrooms and pimientos up. Make thick sauce of the flour, butter, cream and chicken stock, salt and pepper to taste. Add chicken, mushrooms, peas, pimientos to the sauce, and heat thoroughly in a double boiler, one hour. If pimientos are not

desired they may be left out.—Mrs. J. H. Sroufe, 611 E. 37th North, Portland, Or.

(We are very glad to have this recipe for cooking with electricity, and hope to hear from others with electric ovens, who perhaps prepare their fowls a little more economically.)

Escalloped Chicken or Turkey.

	Cost.
Cold chicken or turkey (left over)	\$0.0000
2 c cold boiled potatoes.....	.0298
1 pint milk	.0535
1 egg (cooking)	.0400
1 t salt	.0003
½ t pepper	.0010
1 T chopped parsley (from garden)	.0000
1 c cracker crumbs	.0500
1 T butter	.0156
Fuel 1 hour wood (½ use)....	.0170

Serves 6 people at cost (be-side chicken) of\$0.2072
Or 32-3 cents each.

Cut cold boiled potatoes into small pieces. Remove all the meat left on a cooked chicken and cut it into small pieces (using about equal parts potatoes and chicken). Make a sauce of 1 pint of milk and 1 beaten egg, seasoned with a little salt and pepper. Put a layer of meat in a pudding dish, then a layer of potatoes, then sauce to cover them, then another layer of meat and potatoes and sauce. Cover with cracker crumbs mixed with 1 T butter. Bake one hour and serve.—Mrs. W. W. Williams.

Panned Chicken.

Select a fat fryer, this time of year weighing three pounds dressed.

	Cost.
1 chicken, 3 lbs., at 30c.....	\$0.9000
3 T oil.....	.0300
1 T flour	.0009
½ pt. milk, top of bottle.....	.0268
1 t salt	.0003
½ t pepper	.0010
Fire to cook 1½ hrs. (½ use)....	.0215

Cost to serve six people.....\$0.9805
Or 16 1-3 cents each.

Place little flour in dish. Pluck, singe and wash your chicken, then open it down one side, right through ribs, and open out flat all in one piece. After removing entrails, wash clean inside and wipe dry. Then rub all over inside and out with 1 tablespoonful oil. Then dredge with flour containing 1 teaspoonful salt. Have rest of oil in dripping pan, lay chicken in, sear but do not brown, turn and sear again. Pour in a little hot water, cover closely and place in oven. When tender remove top and brown slightly. When done remove to platter, add ½ pint rich milk to gravy, let boil up once. If too thick add little water. Serve with, not on, chicken. Blackberry jam goes well with this or cur-

rant conserve. Add boiled and chopped giblets to the gravy.—Mrs. Turner.

(Mrs. Turner asks for the date of our work on stews. It was the first week in October. We had some fine recipes well worth trying.)

To Pan Chicken.

	Cost.
5-lb. chicken, at 30c lb.....	\$1.5000
1 t salt	.0003
2 T flour	.0018
½ t pepper	.0010
1 T butter	.0156
Water to ½ depth of chicken..	.0000
Fuel, wood, 2 hrs. (½ use)....	.0402

To serve 10 people\$1.5589
Or about 16 cents each.

Unjoint the chicken; place in the roasting pan. Sift the flour, salt and pepper over it, and add the butter in bits. Put in water to half the depth of the chicken in the pan. Cover the roaster and roast to a dark brown. The time of cooking will depend on the age of the fowl.—Mrs. W. W. Williams.

Chicken Fricassee.

	Cost.
1 3-lb. hen at 25c lb.....	\$0.7500
Thyme from garden.....	.0000
1 onion, medium size (½c)....	.0125
2 T flour.....	.0018
1 t salt.....	.0003
½ t pepper.....	.0042
2 c milk.....	.0535
Drippings, 1 T.....	.0100
Gas oven 2 hrs. (.255 per hr.)	.0510

Will serve 7 persons for....\$0.8833

Or a trifle more than 12½c a portion.

Cut chicken in pieces and roll in flour. Place in roasting pan or heavy iron skillet. Place in hot oven with small bits of drippings here and there. I prefer sausage or bacon drippings. Brown well. Add water to fill pan two-thirds to cover and cook in medium hot oven. Add onion, minced fine, and thyme about three-quarters of an hour before taking up, and 20 minutes before serving and flour, pepper, salt and milk mixed smooth. This makes a rich, creamy gravy. No matter how old the hen, it can be made tender and delicious by this method. I have allowed time for cooking the average market hen, but young chickens do not require so much time, very old ones may need a little longer, that you can determine by testing. The thyme may be omitted and if liked parsley or other herbs used.—Mrs. H. C. Fixott, 1122 East Mill street.

For Fireless Cooker.

Mrs. W. W. Williams, in sending in more recipes, says:

A few recipes for the fireless cooker might find favor with the busy housewife or these may be used for an electric oven.

Fricassee Chicken.

	Cost.
4-lb. chicken, at 30c.....	\$1.2000
1 T flour.....	.0009
1 t salt.....	.0003
2 T butter.....	.0312
1 T flour.....	.0009
$\frac{1}{2}$ c milk.....	.0134
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0010
Wood fuel, 1 hour ($\frac{1}{2}$ use)....	.0143

Cost to serve 8 people.....\$1.2623
Cost for each, nearly 16 cents.

Dress, clean and cut for serving. Flour and salt slightly. Brown quickly in butter over a hot fire; cover with boiling water and boil gently for one-half hour.

Place in fireless cooker without removing cover and leave for three hours. Take from fireless and make gravy with liquor by adding one tablespoonful of flour, rubbed smooth in $\frac{1}{2}$ cup milk; salt and pepper to taste. Let it come to a boil on stove and serve with hot biscuit.—Mrs. Williams.

Chicken and Macaroni.

Enclosed find a recipe entered for first prize in the contest for this week:

	Cost.
2 lbs. chicken (30c).....	\$0.6000
1 package macaroni.....	.1000
1 can tomatoes.....	.1500
1 small onion (1 T).....	.0016
2 T lard.....	.0312
4 t salt.....	.0012
$\frac{1}{2}$ t pepper.....	.0021
Wood, 1 hour ($\frac{1}{2}$ use).....	.0143

Cost for 8 persons.....\$0.9004
Or 11 $\frac{1}{4}$ cents each.

Prepare and fry chicken in the lard or butter. While the chicken is frying, boil macaroni in salted water until tender and drain. Remove chicken from pan and add water to make about a pint of gravy. Strain and add the tomatoes. Return chicken to the pan and cook 10 minutes longer. Now pour over macaroni and serve. This will serve about eight persons and makes a meal in itself. We raise most of the things we eat and our wood doesn't cost anything, so am unable to figure in the cost of it. The other prices I took from the paper.—Fannie Lindell, Holbrook, Or.

(Mrs. Lindell is mistaken in saying her wood doesn't cost her anything. I lived three years on an Oregon ranch, and know my husband put in many hard day's work with hired man and team part of the time in getting the wood, and "time is money," even more so on a farm than elsewhere, because scarcer there. Oregon wood burns up so quickly that it is especially expensive in labor. Most farmers think that, considering the time required to cut and market wood, it doesn't pay

as well as other things on a farm—and I know that that is little enough. The only items Mrs. Lindell has in her favor in having the wood is the cost of hauling to town and the cost of delivering, unless the wood was hauled out of the way to her, and the difference between the buying and selling price at the wood yards. This applies exactly the same to all the produce on the farm. Think this out, farmers' wives, and realize that every single thing you use on your farm has a very real value, though you don't pay actual cash for it.)

Chicken en Casserole.

	Cost.
4 lbs. hen.....	\$1.0000
1 T flour.....	.0009
$\frac{1}{2}$ c lard.....	.0750
1 t salt.....	.0003
Gas to fry $\frac{1}{2}$ hour.....	.0057
1 c milk.....	.0268
1 c water.....	.0000
Gas 2 hours in oven.....	.0510

Cost to serve six.....\$1.1597
Or 19-13 cents each.

After washing and drawing the hen, joint it, roll in the flour and fry a golden brown, salt it. Put the remaining drippings away for gravy next day. Place the pieces of chicken in a casserole or baking dish, pour the milk over and add water, if necessary, to cover. Simmer in oven two hours and serve in same dish. There will be gravy from the milk. This is a splendid way to cook old chickens to make them tender, and makes a fine-tasting dish.—Mrs. I. L. Ringo, 790 East Ankeny street.

Brown Chicken Pie.

	Cost.
1 good fat hen, weight 5 lbs....	\$1.2500
1 lb. flour.....	.0582
1 $\frac{1}{2}$ pints milk.....	.0803
4 t baking powder.....	.0084
2 t salt.....	.0006
Fire to cook (1 $\frac{1}{2}$ time) 3 hours	.0429

Cost.....\$1.4404
Serves 10 people well at a cost of about 14 $\frac{1}{2}$ cents each.

Save all fat from inside of this hen. There should be plenty if your hen is the right kind. Fry out in skillet or iron kettle; pour off three tablespoonfuls for crust.

Roll pieces of chicken in some of your flour, lay in the fat, turn until all sides are browned, cover with boiling water, clap lid on quick and leave to simmer for 2 $\frac{1}{2}$ hours, or until meat is tender. Add salt to taste, pour in $\frac{1}{2}$ pint milk or water enough to make gravy to nearly cover the pieces. Put crust on and bake a rich brown.

To make crust put flour, baking powder and one teaspoonful salt in sifter; sift into bowl; pour in 1 pint

milk and 3 tablespoonfuls fat; mix lightly, roll and prick and put on top of the chicken and brown well. Serve with it blackberry jelly.—Mrs. Kittie Goodall Turner.

(Mrs. Turner writes me that Portland prices are much higher than they are with her near Corvallis. She says she can get fat hens for 22 cents per pound and chickens for 25 cents per pound. It seems rather unfair to figure her recipe (as she did) at our prices, but, as I have often said, the value of our work is in the comparative cost of one recipe with another, based on the same standard of prices. Mrs. Turner's way of frying out her fat from her hen for shortening for her crust sounds familiar to me. That is what I was brought up to do always, and I assure you it makes a most delicious crust. Can you believe that I have seen young city women throw that fat away?)

Chicken Pie.

	Cost.
1 5-lb. chicken.....	\$1.5000
1 T butter (to brown).....	.0156
1 t salt.....	.0003
$\frac{3}{8}$ t pepper.....	.0010
1 t parsley (from garden).....	.0000
1 T flour.....	.0009
$\frac{1}{2}$ c milk.....	.0134
1 pint flour.....	.0290
2 t baking powder.....	.0420
1 T Crisco.....	.0082
1 t salt.....	.0003
Wood, 2 $\frac{1}{2}$ hours ($\frac{1}{2}$ use).....	.3358

Cost of chicken pie.....\$1.6465

Will serve 1, people and cost about 14 cents each.

Cut chicken in small pieces, as for frying, and stew in just water sufficient to cover it, with a little salt. When meat begins to leave bones take it out. Put the meat in a pan or pudding dish; season the gravy with a little more salt and pepper and parsley. Thicken with a tablespoonful of flour; add tablespoonful butter if chicken is lean, and pour gravy over chicken. Make a baking powder biscuit dough, spread it with the hands until it is large enough to cover the pie. Place it on the meat and cut a large cross in the middle of crust; bake until crust is a rich golden brown, $\frac{3}{4}$ to 1 hour.—Mrs. W. W. Williams, 1411 Rodney avenue.

Chicken Potpie.

	Cost.
2 $\frac{1}{2}$ c flour.....	\$0.0363
1-3 c lard.....	.0500
2 c potatoes.....	.0250
3 $\frac{1}{2}$ lbs. chicken (at 30c).....	.7500
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0010
2 hours gas.....	.0510

Cost to serve 6 people.....\$0.9136
Or 15 cents each.

Mix flour, lard and $\frac{1}{2}$ teaspoonful salt, add enough water to mix like pie dough. Roll out $\frac{1}{4}$ inch thick, cut in

3-inch squares. Cut one large round piece to fit kettle, with slits cut in to let steam escape. Leave part of chicken in the kettle, then add part of the potatoes which have been sliced, then a layer of dough, a few pieces of meat, and so on, using large piece of dough last. Cook until potatoes are done, and serve.—Mrs. Nat Smythe.

Chicken with Soup and Noodles.

A favorite dish with us.

	Cost.
3-lb. hen (25c lb.).....	\$0.7500
1 T salt.....	.0003
1 onion, medium ($\frac{3}{4}$ c).....	.0083
1 carrot, medium ($\frac{1}{2}$ c).....	.0075
1 turnip, medium ($\frac{1}{2}$ c).....	.0063
Water (about 2 quarts).....	.0000
Parsley out of garden.....	.0000
Cost of cooking ($\frac{1}{2}$ heat).....	.0086

Cost for 6 people.....\$3.8010

Cost for each, 13 $\frac{1}{2}$ cents.

Cut the chicken in pieces, let cook about half done, when the other things should be added; then finish cooking. The noodles may be made by any favorite recipe and dropped in a few minutes before serving.—May S. Hembree, 194 Boundary avenue.

Breaded Chicken.

	Cost.
2 lbs chicken.....	\$0.6000
1 c cracker crumbs (18c lb.)..	.0450
1 c bread crumbs (6c lb.).....	.0150
1 t salt.....	.0003
1 t parsley in garden.....	.0000
1 egg.....	.0400
3 T Crisco.....	.0246
$\frac{1}{2}$ pint milk.....	.0268
Wood fire, 3 hours ($\frac{1}{2}$ use)....	.0107

Cost.....\$0.7624

Preparing breaded chicken: Disjoint a tender chicken as for fricassee. Season 1 cup of fine cracker crumbs with a level teaspoonful salt and a teaspoonful minced parsley. Beat one egg with 1 tablespoonful of milk, dip each piece of chicken in the egg, then roll in the seasoned crumbs and lay in a pan just large enough to allow the pieces to be flat. Put a bit of Crisco on each piece and pour in 6 tablespoonfuls hot water. Set in the oven and baste often until tender. Remove chicken to a hot platter, pour the remaining milk into the pan, stir in the fine bread crumbs and let boil up. Pour over the chicken and serve.—Mrs. H. Smiley, Corvallis, Or.

(Mrs. Smiley priced her chicken at 20 cents per pound, Corvallis price, as mentioned previously.)

Chicken Croquettes.

	Cost.
1 c left-over chicken.....	\$0.0000
1 c bread crumbs.....	.0150
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{4}$ t pepper.....	.0010
$\frac{1}{2}$ t parsley (in garden).....	.0000
$\frac{1}{2}$ c chicken stock.....	.0000
1 egg.....	.0400

1 c bread crumbs (for rolling)	.0150
1 egg	.0400
$\frac{1}{2}$ c lard to fry	.0750
Fuel, 1 hour ($\frac{1}{2}$ use)	.0143

Cost of preparing croquettes, \$0.2005

One cupful finely chopped chicken, 1 cupful finely sifted bread crumbs, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful pepper (white), $\frac{1}{2}$ teaspoonful chopped parsley; $\frac{1}{2}$ cupful stock, made by boiling the bones of the chicken. Heat all together and stir in 1 beaten egg. When cold, form into croquettes, roll each in fine bread crumbs, then in beaten egg, and then in bread crumbs again. Put them carefully into the frying basket and plunge it into smoking hot fat for two minutes and serve hot.—Mrs. W. W. Williams.

Chicken Over Six Months Old.

Unjoint chicken; dip in flour. Put 3 tablespoonfuls of shortening in the pan, and when it is very hot put in the chicken. As soon as it is brown on one side turn. When well browned add 1 cupful of hot water and set back on the stove, where it will cook steadily. Keep well covered and add water as needed. When well done remove to the platter. Add water to the pan to make one pint of gravy. To 2 tablespoonfuls of flour add 1 teaspoonful of parsley, 2 tablespoonfuls of butter; mix and add to thicken the gravy and serve.

This method is also fine for rabbits, hare and all small wild game.—Mrs. W. W. Williams, 1411 Rodney avenue.

To Fry Spring Chicken.

2 lbs. spring chicken at 30c lb.	Cost. \$0.6000
1 egg, cooking	.0400
$\frac{1}{2}$ c cracker crumbs ($\frac{1}{4}$ lb. at 10c lb.)	.0250
$\frac{1}{2}$ t salt	.0002
$\frac{1}{2}$ t pepper	.0010
3 T Crisco	.0246
2 T flour (for thickening gravy)	.0018
$\frac{1}{2}$ t salt	.0001
$\frac{1}{2}$ t pepper	.0010
Wood to fry 30 min. ($\frac{1}{2}$ use)	.0102

Will serve 6 people for.....\$0.6989

Wash and wipe dry. Dip in 1 beaten egg and then in cracker crumbs seasoned with salt and pepper. Place in pan that contains three tablespoonfuls of Crisco, heated piping hot. Fry to a light brown and turn. Thirty minutes will cook a one or two-pound chicken.

Remove chicken, add 1 pint water for gravy, thicken with flour, add more salt and pepper and season with parsley or celery, as desired.—Mrs. W. W. Williams.

Frying Chicken.

3 lbs. spring chicken, 30c lb.	Cost. \$0.9000
3 oz. Wesson oil (\$1.45 gal.)	.0700
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
3 T flour ($\frac{1}{2}$ c)	.0073
Fuel 25 minutes in electric Hot Point oven	.0125

Cost to serve 6 persons.....\$0.9911
Or 16 cents each.

Clean and joint chicken, wipe dry with cloth. Put oil in dripping pan. Roll each piece of chicken in flour, place in pan and turn, being careful to cover well with the oil. Sprinkle with salt and pepper. Place in the oven close under the broiler. Brown, and turn so as to brown under side; finish with slow oven. This will serve six persons at a cost of 16 cents each.—Mrs. C. M. Cox, 677 East Ash street.

Chicken Jelly.

3-lb. chicken (hen, 25c lb.)	Cost. \$0.7500
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
1 onion	.0125
1 pint water	.0000
Wood heat, 2 hours ($\frac{1}{2}$ heat)	.0236

Cost for chicken jelly.....\$0.7924

Cut chicken into neat joints, place in double boiler and cook gently two hours, or until done. Cut chicken from bones, into thin slices, arrange in a mold, return bones to pan, with water, salt, pepper and onion. Cook $\frac{1}{2}$ hour longer, strain and pour over chicken. Let jelly and serve cold, decorated with sprigs of parsley from garden.—Mrs. A. Shard.

Goose

SECOND PRIZE. Delicious Fruit Dressing.

3 c bread crumbs (1 loaf)	Cost. \$0.0600
3 large apples (1 cent each)	.0300
1 c prunes ($\frac{1}{2}$ lb. at 12 $\frac{1}{2}$ c)	.0625
1 c light raisins (10c lb.)	.0500
1 T chopped parsley (garden)	.0000
$\frac{1}{2}$ c sugar	.0193
$\frac{1}{2}$ c celery	.0072
$\frac{1}{2}$ c milk (or water)	.0134
2 t salt	.0006
$\frac{1}{4}$ t pepper	.0021
2 T butter	.0064

Cost for 2 quarts dressing...\$0.2515

Take 3 cups bread crumbs, 3 large apples, cut fine; 1 cup dried whole prunes, which have been soaked over night; 1 cup raisins, washed and dried; 1 T chopped parsley, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup celery, $\frac{1}{4}$ teaspoonful pepper, 2 teaspoonfuls salt. Moisten with $\frac{1}{2}$ cup milk or water, mix; fill goose, place crust before opening and sew up. This is delicious. Serve apple sauce with goose.

If you have more stuffing than can be used in fowl, place remainder in baking dish and bake one hour. Serve

next day with gravy left over.—Mrs. W. W. Williams.

Prune Dressing.

Try roasting goose filled half full of prunes. Wash dry prunes and fill your goose half full. They will swell full. Place the prunes in the goose and put a crust of bread in the opening before sewing up the goose. Roast five hours for medium sized goose weighing 8 to 10 pounds.—Mrs. W. W. Williams.

To Roast Goose.

	Cost.
Fruit dressing, as given above.	\$0.2515
10 lbs. goose (at 25c lb.)	2.5000
1 T flour	.0009
1 t salt	.0003
¼ t pepper	.0010
5 hours in wood oven (½ use).	.1020

Will serve 15 people for....\$2.8557
Or 19 cents each.

There will be enough scraps and bones left over for soup for the family next day.

To prepare a goose for the oven, wash well in water with ivory soap. Add one teaspoonful soda to each quart of water used for washing. Wipe dry, dust pinch of salt and pepper throughout inside of goose before putting in the stuffing. Rub tablespoonful of flour, 1 teaspoonful of salt and ¼ teaspoonful of pepper into the skin before putting in the oven.

Those who have no roasting pan can make a paste of 1 quart flour and 1 pint of water. Put on bread board and roll to ¼ inch in thickness. Cover your fowl, that has been stuffed and ready for oven, and proceed as usual. This holds all the juice in the meat. If you have your goose in the roasting pan and can baste, do so. If covered with crust, remove crust one-half hour before taking from the oven and baste. Add a little water from time to time and bake at least five hours, as this means the success of your goose. Make gravy same as for other fowls. It is not quite fair to charge one-half fuel used to the goose, as one cooks so many things

for their dinner with the same fire.—Mrs. W. W. Williams.

Giblet Gravy.

	Cost.
2 T flour	\$0.0018
1 pint milk	.0535
1 t salt	.0003
½ t pepper	.0010

Cost extra for gravy.....\$0.0566
Cook the giblets of above turkey until tender, chop them and add water in which they were boiled (stewed down to about ½ pint). Put 2 tablespoonfuls of flour (browned flour is better) into a bowl, mix smooth with the cream on top of the milk and fill up with the rest of the milk. Add to the rest of the gravy in the pan, let it boil a few minutes, stirring constantly, and serve.—Mrs. Minard.

Roast Goose.

	Cost.
Goose (8 lbs.)	\$2.0000
2 cups bread crumbs	.0300
1 cup chopped apples	.0200
1 small onion, minced	.0016
1 t salt	.0003
1 t sage	.0033
¼ t pepper	.0010
2 T melted butter	.0312
Three or four slices bacon	.0400
Stove heat 2 hours (½ use)	.0286

Cost of roast goose.....\$2.1610

Prepare goose the day before roasting. Steam the bird two hours before cooking and fill with this mixture: Put 2 cups bread crumbs, 1 cup chopped apple, 1 small onion minced, 1 teaspoonful of salt, 1 of sage and ½ teaspoonful of pepper into a hot frying pan, with 2 tablespoonfuls of melted butter, and stir until apples and onions are cooked, and use for stuffing the goose, but do not fill the bird too full. Cover the bird with thin slices of bacon. Baste it frequently while baking. Allow about 20 minutes to the pound, cooking in hot oven. Put a cup of water with teaspoonful of salt in the pan with the goose when baking it. Garnish with parsley. Serve with spiced apples.—Mrs. Minard.

Squab

Squab en Casserole.

	Cost.
3 squabs (at 50c each)	\$1.5000
1 pint water	.0000
1 T salt	.0008
½ t pepper	.0010
1 T flour	.0009
1 T butter	.0156
1 T catchup	.0100
½ t paprika	.0015
Gas 1½ hours	.0171

Should serve 6 people for...\$1.5469
Or nearly 26 cents each, at present prices of squabs.

Cut each bird in two through the back. Sprinkle with salt and pepper. Arrange in a casserole. Cover with water. Cover the casserole and place in the oven for 1½ hours. When tender, heat the butter, add the flour; when light brown add the sauce from the birds. Boil, add catchup. Pour over the birds in the casserole. Sprinkle lightly with paprika and serve.—Mrs. W. E. Metzger.

Duck

To Roast Duck.

A 6-lb. tame duck (at 25c lb.)	\$.15000
1 T flour	.0009
1 t salt	.0003
½ t pepper	.0010
Fuel, wood fire, 3 hrs. (½ use)	.0612
Plain dressing to stuff	.0895

To serve 6 people.....\$.16529
Or 27¼ cents each.

There will be enough left, probably, for duck patties next day.

Choose ducks that are plump and have yellowish feet. Dress like other poultry, taking care to get off all the down by picking and singeing.

Fill body with seasoned dressing, sew up and bake or roast, basting often, if you have no self-basting roaster. Time of baking depends on the age of the fowl. If desired, they can be stuffed with apples, which will absorb the strong taste of the duck. Celery should be served with roast duck.—Mrs. W. W. Williams.

Duck Stuffed.

	Cost.
1 duck (6 lbs. at 25c).....	\$.15000
1 cup bread crumbs.....	.1500
2 t salt.....	.0006
½ t pepper.....	.0010
1 cup chopped apples.....	.0200
1 T chopped onion.....	.0016
1 T Crisco.....	.0082
2 cups water.....	.0000
1 T flour for thickening.....	.0009
1 t salt.....	.0003
Fuel, wood, 3 hours (½ use)...	.0612

Cost to serve 6 people.....\$.17438
Or 29 cents each.

Put Crisco and onion in skillet and brown nicely; add bread crumbs, apples, 1 teaspoonful salt and pepper; stir until well mixed, then stuff the inside of the duck, fasten with skewers or string; put the duck in roasting pan, pour over it 1 cup water, bake in hot oven one hour, basting every 15 minutes; pour off surplus fat, add 1 tablespoonful flour and brown well; pour in 1 cup boiling water, 1 teaspoonful salt and stir until thick; strain and serve garnished with watercress.—Mrs. A. Shand, 805 East Thirty-sixth street South, city.

Roast Wild Duck.

	Cost.
Wild duck, about 3½ lbs.....	\$.00000
1 cup mashed potatoes.....	.0149
1 cup bread crumbs.....	.0150
Small piece fresh pork put through grinder.....	.0500
½ t salt.....	.0002
½ t sage.....	.0042
½ t pepper.....	.0010

1 small onion minced (1 T)....	.0016
Fine walnuts (cut into small pieces)	.0300
Heat on stove 1¼ hrs. (½ use)	.0179

Cost to serve duck.....\$.01348

Wrap ducks in a piece of burlap, put in dishpan and pour boiling water over them: Let them steam a few minutes, and they will pick quite easily. Then singe. Use scissors and make an incision (below thigh) about three inches long; draw, wash, clean and stuff with the following dressing: For one duck use 1 cup mashed potatoes, 1 cup bread crumbs, a small piece of fresh pork, put through the grinder, ½ teaspoonful salt, pepper and sage, 5 walnuts cut into small pieces and 1 onion minced fine. Mix with tips of fingers so dressing will be light.

Fill bird, sew up and put in pan with strips of bacon on breast. Flour well, add half cup water and a little salt, and bake in a quick oven for one hour and fifteen minutes. Salt the duck when it is real hot.

Add to the gravy, when you have taken out the duck, a teaspoonful of currant jelly and a pinch of cayenne pepper. Thicken with browned flour and serve with green peas and apple sauce, or cranberry sauce and currant jelly.—Mrs. H. H. Minard, 1236 Division street.

Roast Wild Duck.

	Cost.
Wild ducks	\$.00000
1 T salt for boiling.....	.0008
1 red pepper, small.....	.0200
1 strip salt pork (¼ lb.).....	.0500
2 c bread crumbs.....	.0300
1 c chopped apples.....	.0200
2 t sugar.....	.0016
½ c chopped raisins (10c lb.)..	.0500
½ t pepper.....	.0010
1 T butter to rub.....	.0156
Wood to boil, 1½ hrs. (½ use)	.0215
Wood to roast, ½ hour (½ use)	.0072

To prepare duck costs.....\$.02177

Boil ducks in enough salted water to cover, until tender, with 1 small red pepper and a strip of salt pork and giblets. To make the dressing: For 2 cupfuls bread crumbs allow 1 cup chopped apples (slightly sweetened), ½ cupful chopped raisins, a dash of black pepper and broth from boiling kettle to moisten well. Mix all together. Put ducks in roasting pan, add dressing, placing some in pan, rub breast and legs with butter,

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Broadway 200, A 6701

put strip of pork on breast and roast until brown, and serve.—Mrs. O. J. Culbertson, Mullino, Or.

BELGIAN HARE.

There are many Belgian hare in our markets, and they are one of the best and most economical substitutes for beef, pork and mutton—the meats which we are asked to conserve for government use. But many of us are repelled by the looks of them skinned and bloody, and so do not buy them. The pelt of the Belgian hare is quite valuable, being sold, when prepared, under the name of electric or near seal, so it is always removed before the animal is sold, and Belgian hare is looked upon as a great delicacy where it is used. It is canned and sold under the name of "boned turkey." The meat is white and compact, of fine flavor and tender. They are the cleanest of all animals, being reared for the fur, and are well fed and cared for. "It is said by physicians that broth made from Belgian hare is preferable to that made from beef, mutton or chicken; that it is not so stimulating and slightly nutritious." They may be cooked in every way in which one can cook chicken—croquettes, panned, ragout, pot pies, fried, roasted, stuffed and baked, etc. The tougher pieces may be used for stock. The recipe below tells how to prepare it for any kind of cooking.

Panned Belgian Hare.

	Cost.
3 lbs. Belgian hare (35c lb.)...	\$1.0500
½ t pepper.....	.0010
1 T chopped onion.....	.0016
1 bay leaf.....	.0001
1 t kitchen bouquet (35c for 2 oz., 1 t equals 1-6 oz.).....	.0292
½ pint water.....	.0000
1 t salt.....	.0003
2 T flour.....	.0018
2 T butter.....	.0312
1 pint water.....	.0000
½ t salt.....	.0002
Chopped parsley in garden....	.0000
Gas to bake 1½ hours.....	.0330
Gas for sauce 15 min. on top..	.0028

Total cost\$1.1512

Cost of materials used in cooking, 10 cents.

Split the hare down through the center; wipe it carefully with a damp cloth, but do not wash it; if there is the slightest appearance of fur on the meat, singe it. Now disjoint the hind legs and make two pieces of them; cut off the saddle; take off the forequarter, making in all nine pieces. Arrange these neatly in a baking pan, flesh side down. Dust lightly with pepper, add 1 tablespoonful chopped onion and a bay leaf. Put a teaspoonful of kitchen bouquet into ½ pint of stock or water, add 1 teaspoonful of salt, stir and pour into

the pan. Cover with another pan, put into a quick oven and bake 1½ hours, basting frequently. A half hour before the hare is done remove the upper pan so that each piece may be nicely browned. Dish neatly and garnish with triangular pieces of toast. To the pan add 2 tablespoonfuls of flour and 2 of butter; mix and add 1 pint of stock or water (the pan should be dry when the hare is done). Stir this sauce until boiling, add a half teaspoonful of salt. Pour this sauce over the hare, dust with chopped parsley and serve.—Mrs. Rorer.

Here is one thing we can each and every one of us resolve right now to do for the food conservation cause, and that is to use Belgian hare, or Eastern Oregon rabbit, as often as possible. These recipes we are having assure us that they are wholesome and palatable, and the recipes sound delicious. As soon as Eastern Oregon rabbits come in market let us get some and try our collection of recipes. It seems to me this is the cheapest and best food conservation we have found yet, peculiarly adapted to use here in Oregon.

WILD GAME—RABBITS.

Our request was to let us have many recipes for cooking game, large and small. It is often in our market and we would buy more if we knew better how to cook it. Write us particularly about these Eastern Oregon rabbits that are sent here in such numbers. Are they really good, wholesome food, and just how will we know which ones are good, and what is the best way to cook them? They are so very plentiful in Oregon and so cheap that all other things being equal they ought to be our very best "meat substitute." Of course, they are meat, but they would not be exported largely, and by taking the place of beef, mutton, pork, etc., they would release just that much more of these meats for shipment to our soldiers, and we had a very large response, all commending Belgian hare and Eastern Oregon rabbits to us. The rabbit recipes are equally good for cooking Belgian hare, so not many recipes for hare are given. This is the reason Belgian hare, while not really wild game, of course, are included here.

Cooking Rabbits.

(The conservation of a nuisance.)

Mrs. O. J. Culbertson, Mullino, Or., says: "I lived for several years on the plains in Colorado, where rabbits, ducks and antelopes abounded. In selecting rabbits be careful of taking old ones, as they sometimes have diseased lumps on their necks and back, and sometimes the flesh has watery

blisters on it. These should be avoided. However, the young ones are usually healthy, and make fine eating. In cooking the Eastern Oregon rabbits, always select young ones, if possible. I hope I may contribute something which may prove helpful." It is hard to price Mrs. Culbertson's recipes, so we will print most of them without doing so, as they are quite unusual and interesting, especially to those who have wild game.

Cooking Wild Game.

You will find this recipe one of the best ones in cooking wild game such as prairie chickens, rabbits, etc., for I always use it myself with good results. I always fix my game the night before I use it. I clean and wash it, then let it stand in cold water for 30 minutes; then drain off the water, cut it up, put it in an earthen crock (that is not metal); salt and pepper each piece and sprinkle with vinegar and lay it in the jar until you get it all in. Then cover the jar up and let it stand in a cool place over night. In the morning I take it out, roll it in flour and fry it in butter. Cover it up while frying it. It will fry in 30 minutes. The vinegar makes it nice and tender. You can cook old game two and three years old this way and it will be as tender as young game. The vinegar also gives it a lovely taste. You can fix game this way and it will roast in one hour and be nice and tender. I can't just say how much vinegar to use; I usually take a cup half full and sprinkle out of it with my hand until I have enough. The vinegar must be good that you use.—Mrs. R. E. Crowe, Mt. Angel, Or.

To Roast Rabbit.

Piquant Sauce.	Cost.
1 T butter.....	\$0.0156
1 T onion.....	.0016
1 t flour.....	.0003
1 c soup stock.....	.0200
Parsley from garden.....	.0000
Thyme from garden.....	.0000
¼ t cayenne pepper.....	.0021
2 T vinegar.....	.0032
Gas 1 hour simmering (to cook liver).....	.0040
Gas 20 minutes simmering....	.0013

Cost of sauce.....\$0.0451

Made as follows:

Take 1 tablespoonful butter in a small saucepan, melt it on the stove, add 1 T of minced onion and stir these together about 2 minutes. Put in 1 teaspoonful flour and beat with spoon to prevent lumps, add 1 large cup of soup stock, a sprig of parsley, a bay leaf, a sprig of thyme (or ¼ teaspoonful) and ¼ teaspoonful cayenne

pepper. Simmer all together 20 minutes, then strain out the herbs, add the liver, which has been cooked and chopped fine, and 2 tablespoonfuls of vinegar. Boil up and serve with the rabbit.

Baked Rabbit.

Select a young rabbit, joint and lay in salt water a few hours. Boil in plenty of water to cover, with a strip of fat pork, until tender. Make a dressing same as for chicken, using broth from the rabbit. Put into baking pan with pieces of rabbit on top, pressed well down in dressing. Pour cupful of broth over all. Add a few small lumps of butter and the salt pork. Bake in a moderate oven until well browned.—Mrs. Culbertson.

To Judge Rabbits.

An old rabbit has long, rough claws, and fur inclining to gray. When fresh the body will be rather stiff and the flesh dry and pale. If stale it will be limp and dark in color.—Mrs. Spencer.

To Roast Rabbit.

	Cost.
Rabbit.....	\$0.0000
1 T salt to wash.....	.0003
½ lb. salt pork (20c lb.).....	.1000
Gas to bake 1 hour.....	.0220

Cost of cooking rabbit.....\$0.1223
Cost of piquant sauce......0451

Total cost of serving.....\$0.1674

Thoroughly clean the rabbit by washing in salt water; put the liver on to boil, place the rabbit in a pan, take ½ pound salt pork, cut in slices and lay on top. Roast one hour and serve with piquant sauce.—Mrs. G. Spencer.

Baked Rabbit.

	Cost.
1 large rabbit.....	\$0.0000
1 T salt to soak.....	.0008
2 c bread crumbs.....	.0300
1 large onion (½ cupful).....	.0125
¼ t pepper.....	.0021
1 t salt.....	.0003
1 t sage.....	.0083
Wood fire to bake 2 hours (½ use).....	.0286

Cost of preparing rabbit...\$0.0826

One large rabbit soaked over night in salt water, wipe dry and stuff with the following: Two cups bread crumbs, 1 large onion diced, ½ teaspoonful pepper, 1 teaspoonful salt (even), 1 teaspoonful sage; mix and add water to moisten; stuff the rabbit, sew up and place in baking pan and bake until tender, or about two hours; keep water in the baking pan and baste very often, as this makes it juicy.—Mrs. E. V. Mills, 1527 Center street, Salem, Or.

Stewed Rabbit.

	Cost.
1 rabbit (3 lbs.).....	\$0.0000
1 T salt.....	.0008
2 T lard or bacon drippings...	.0312
2 T flour for rolling.....	.0018
1 pint water, or more.....	.0000
Bay leaf.....	.0001
1 T chopped onion.....	.0016
1 t salt.....	.0003
½ t pepper.....	.0010
Parsley to garnish (from garden).....	.0000
Gas 1½ hours.....	.0171

Cost to serve rabbit.....\$0.0539

Should serve five people at 9½c each beside rabbit.

Cut up the rabbit, salt, roll in flour and fry until brown. Place in a stew pan with bay leaf and onion. Add salt and pepper, cover with water. Cover the pan and let simmer for one hour.—Mrs. W. E. Metzger, 929 Pacific street.

(We have not priced any wild game, so cut out the price here.)

Stewed Rabbit.

	Cost.
Rabbit.....	\$0.0000
1 t salt for washing.....	.0003
1 pint water.....	.0000
Parsley (from garden).....	.0000
2 bay leaves.....	.0001
¼ t thyme.....	.0032
1 c mushrooms (25c lb.).....	.0833
1 T butter.....	.0156
1 T flour.....	.0009
½ t salt.....	.0002
Gas, 1 hour.....	.0114

To serve the rabbit costs...\$0.1150

Clean nicely, wash in salted water, cut in pieces and place in a stew pan with 1 pint of cold water; add a sprig of parsley, 2 bay leaves, ¼ teaspoonful thyme, 1 cupful of mushrooms (chop the herbs and mushrooms up fine). Take 1 tablespoonful butter and 1 tablespoonful flour, stir with ½ teaspoonful salt, smooth, in half cup of cold water; add 10 minutes before serving. This takes one hour to cook and is very fine.—Mrs. G. Spencer, 1260 East Davis street.

Rabbit Stew.

	Cost.
2 T Crisco.....	\$0.0164
Rabbit (wild).....	.0000
2 T onion.....	.0032
1 t salt.....	.0003
2 T flour.....	.0018
¼ t pepper.....	.0010
1 level saltspoon allspice ¼ t.....	.0021
1 T salt (to soak).....	.0008
Gas 2 hours (½ use).....	.0114

Cost to cook rabbit.....\$0.0470

Skin rabbit, and if dark and blood-shot soak in strong salt water several hours to draw out blood. Cut in pieces, roll each piece in flour, fry a good brown on all sides, sprinkle over pepper and spice, all the flour that was left from the dredging, and the onion. Cover with hot water and

simmer two hours. This should be plenty for six people. In buying the wild rabbits the smaller and lighter colored fleshed ones are the younger and better; also choose one with fat adhering to the inside, as it will be more tender than a poor one. Wild pheasants, quail or grouse that are old are good prepared in the same manner. Gray squirrels are fine prepared in the same manner.—Mrs. Crow.

Rabbit Stew.

	Cost.
1 large rabbit.....	\$0.0000
1 T salt for soaking.....	.0008
1 t salt.....	.0003
½ t pepper.....	.0021
1 bay leaf.....	.0001
Wood fire, 2 hours (½ use)...	.0286

Cost of preparing rabbit....\$0.0319

One large rabbit. Soak in salt water for one hour, or over night if desired; joint and cut in pieces, then put in a stew kettle with 1 teaspoonful salt, ½ teaspoonful pepper and 1 bay leaf; pour over this hot water enough to cover. Cover kettle and let boil for ½ hour, then put back and simmer about 1½ hours—it depends on how old the rabbit is for the length of time in cooking. You can either serve with gravy made from the broth or with dumplings.—Mrs. Mills.

Rabbit Stew.

	Cost.
1 rabbit.....	\$0.0000
2 T flour.....	.0018
1 T butter.....	.0156
½ t salt.....	.0002
½ t pepper.....	.0010
Dash herbs.....	.0010
Wood one hour (½ use).....	.0143

Serves 4 people for.....\$0.0339

Take rabbit and divide into quarters. Flour it and fry in butter. Then put into stewpan with good gravy. Season with pepper, salt, thyme or sage. Cover and let stew until tender. Then take rabbit out in a deep dish, thicken gravy with flour left over and pour over rabbit.—Mrs. Nat Smythe.

Spiced Rabbit Stew.

	Cost.
1 wild rabbit.....	\$0.0000
1 T pickling spices (10c pkg.).....	.0050
3 T tomato catchup.....	.0150
1 carrot—½ c.....	.0075
1 onion—½ c.....	.0125
1 piece celery.....	.0063
2 T flour.....	.0018
2 T lard.....	.0312
2 T salt.....	.0016
1 t pepper.....	.0083
1 c vinegar.....	.0025
Gas 10 minutes, full heat.....	.0019
1¼ hour simmering.....	.0050

Serves 4 people for about 2½c each.....\$0.0986

To prepare spiced rabbit stew, skin the rabbit and cut in eight pieces.

Prepare a brine as follows: One quart water, 1 cup vinegar, 2 tablespoonfuls salt, 1 tablespoonful pickling spices; add sliced carrot, onion and celery. Put in the rabbit and let soak for 24 hours. Take out the rabbit next day and wipe dry, roll in flour and fry for 10 minutes over brisk gas flame, turning frequently. Put pieces in pot with water enough to cover, add 3 tablespoonfuls catch-up, pepper and 1 cupful of the brine. Simmer for one hour and a quarter. Take out rabbit and strain gravy over it.—Mrs. Otto Heyde, 181 Grover street.

Rabbit Pie.

By adding dumplings, or a crust of rich biscuit dough, it makes a fine meat pie, at an additional cost of—

	Cost.
½ pint flour.....	\$.0145
1 T Crisco.....	.0082
1 t baking powder.....	.0021
½ t salt.....	.0002
½ c skim milk.....	.0032
Wood to bake 1 hour (½ use).....	.0143

Crust costs	\$.0425
Cooking rabbit costs.....	.0470

Cost of rabbit pie.....\$.0895
Beside the rabbit, and should serve eight people, or about 1 cent each.

Make the ingredients given into a dough, and roll out ¼ of an inch thick. Line a 4-quart pan with it, add stewed rabbit, making plenty of gravy. Cover with crust a quarter of an inch thick, with a hole in the center for escape of steam. Keep adding water, or gravy left over, to keep nearly full. Turn heat on the bottom of the oven to be sure the bottom crust is done. Bake till the crust is done, or about an hour. The rabbits should be cooked an hour less before putting them into the pie.—Mrs. Walter R. Crow, 1153 Forty-ninth avenue S. E., city.

Casserole Rabbit.

	Cost.
Rabbit	\$.0000
2 T flour for rolling.....	.0018
½ c lard.....	.0750
1 t salt.....	.0003
¼ t pepper.....	.0021
3 cloves	.0001
1 bay leaf.....	.0001
1 quart hot water.....	.0000
1 T Worcestershire sauce (6 oz. for 15c, 1 T is ½ oz.).....	.0125
1 T tomato catchup (1 pt. 10c).....	.0031
1 T flour.....	.0009
Gas to bake 1 hour.....	.0255
Gas on top 10 minutes.....	.0019

To serve rabbit costs.....\$.01233

Wash in salt water and dry thoroughly, roll in flour; have ½ cup of lard or drippings piping hot, put in casserole and put the rabbit in with 1 teaspoonful salt, ¼ teaspoonful pepper, 3 cloves, 1 bay leaf, 1 quart of hot water; bake in oven one hour; take the rabbit out, add 1 tablespoonful Worcestershire sauce, 1 tablespoonful tomato catchup; thicken the gravy with 1 tablespoonful flour, stirred smooth in ½ cup of water, boil up and pour over the rabbit and serve.—Mrs. G. Spencer.

Rabbit Fricassee.

	Cost.
1 rabbit	\$.0000
1 T flour.....	.0009
1 T butter.....	.0158
½ t salt.....	.0002
Wood ½ hour (½ use).....	.0143

Cost to cook rabbit.....\$.0310
Skin and clean rabbit. Open down the breast, let it lie a couple of hours in a pan of cold water. Dry and place in a meat pan, season with salt, pepper, butter and a dredge of flour. Pour in enough water to keep from burning. Bake one-half hour and serve.—Mrs. Nat Smythe, 443 East Thirty-eighth street.

Fried Rabbits.

Mrs. E. V. Mills, of Salem, writes: I lived in Eastern Oregon and parts of Idaho, where rabbits were plentiful, and found the following ways fine in using them. The small ones are the youngest and best, but any of them are nice:

Young Fried Rabbit.

	Cost.
1 rabbit	\$.0000
1 T salt for soaking.....	.0008
2 T lard.....	.0312
1 egg.....	.0400
1 T water.....	.0000
1 c flour.....	.0145
1 t salt.....	.0003
¼ t pepper.....	.0010
Wood heat, 1 hour (½ use)....	.0143

Cost to prepare rabbit.....\$.01021
This serves about four or five people.

A nice gravy can be made of the remaining grease after the rabbit is fried. Serve very hot, garnished with parsley.

Take small rabbit, draw and skin, wash thoroughly and soak in salt water for an hour. Have your frying pan and grease hot, drain the water off the rabbit, wipe dry and break into pieces same as chicken. Where it is possible to joint it, do so, but

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cut if not. Beat one egg with tablespoonful of hot water, and first dip pieces in flour, then in the egg, then into the flour again. Place in frying pan and salt and pepper. Fry till nice golden brown, turn over and fry the same. When all is brown on both sides put on the back part of the stove and let cook slowly till tender, covered.—Mrs. E. V. Mills.

Larger Rabbit Fried.

	Cost.
1 rabbit	\$0.0000
1 c cornmeal.....	.0283
2 T lard.....	.0312
1 t salt.....	.0003
¼ t pepper.....	.0021
1 T salt (to soak).....	.0008
Wood for 1½ hours (½ use)...	.0215

Cost to prepare rabbit.....\$0.0842

Draw, skin and soak rabbit in salt water for one hour or over night, if liked. Wipe dry, joint and cut in pieces, frying size, and roll in flour or cornmeal. Have lard smoking hot; place pieces in pan and fry golden brown on both sides. Then pour in about a cupful or enough water to half cover the rabbit. Set in the oven and let cook for about an hour. The water in the pan makes a nice gravy.

Or you can use egg if liked, the same as with young rabbit. Young jackrabbits are especially fine cooked either of these ways.—Mrs. E. V. Mills, 1527 Center street, Salem, Or.

Fried Rabbit.

Here is a good recipe for fried rabbit:

	Cost.
3 lbs. rabbit.....	\$0.0000
2 T Crisco.....	.0164
½ T butter.....	.0078
2 T flour.....	.0068
1 t salt.....	.0003
1 T jelly (15c cupful).....	.0094
1 T Worcester sauce.....	.0125
Top gas, 1½ hours.....	.0171

Cost of preparing rabbit....\$0.0653

Fry the rabbit, prepared as before, in the fat, after rolling in the flour. Season with salt to taste. Then take 1 tablespoonful dark jelly, 1 tablespoonful Worcester sauce and 2 cups hot water. Let this sauce boil up and frequently dip it over the meat for ½ hour or longer and serve.—Mrs. Reid, 110 Twenty-first street North.

Fried Rabbit, Duck or Pheasant.

Joint and stick sharp-pointed knife once or twice through each leg. Rub lightly with salt, sprinkle with pepper, roll well in flour and put in skillet in which there is enough hot fat to nearly cover. When well browned add water to cover. Mix 2 tablespoonfuls flour with water enough to make a smooth paste, add to water in skillet and stir well until it boils. Boil meat and gravy together for 15 minutes.—Mrs. Culbertson.

Spiced Rabbit.

Joint and boil in salted water until tender. Take out and drain. Put enough vinegar into a granite pan to cover meat. Add whole cloves, allspice and red pepper to taste. Onions, mace or celery may be added if liked. Pack in jar and add vinegar boiling hot.—Mrs. Culbertson.

Rabbit Mincemeat.

Joint rabbits and boil in water slightly salted until quite tender. Allow quarter pound fat pork for each rabbit. Chop rabbit meat and pork together and proceed as for any other mincemeat.—Mrs. Culbertson.

PHEASANTS—OREGON'S PRIZE BIRD.

Wild Pheasant.

Salt all pieces the night before. In the morning wash well before cooking.

	Cost.
3 lbs. pheasant.....	\$0.0000
1 T salt.....	.0008
2 quarts water.....	.0000
¼ lb. barley.....	.0625
Average top heat, 3½ hours...	.0399

Serve family of 6 at a cost of preparing the pheasant of...\$0.1032

Put the pheasant in a kettle, pour over it hot water and salt. Cook for two hours; then add barley and finish cooking. When done remove meat to platter and serve. If desired add more hot water to stock and serve as soup.—Mrs. Reid.

(Barley flour or meal to use in cooking is not now to be obtained in our market at any price. We do not quote the price of any wild game.)

Pheasant Roasted.

	Cost.
1 pheasant	\$0.0000
¼ lb. round steak (18c).....	.0450
3 thin slices fat bacon.....	.0400
2 t salt.....	.0006
¼ t pepper.....	.0020
1 T flour.....	.0009
Wood heat, 1 hour (½ use)....	.0143

Total

Pick and draw the bird, truss in the same way as a roast chicken, but leave the head on, put the steak inside the pheasant. The steak is intended to improve the flavor of the bird and keep it moist and not to be eaten with it but it may afterwards be used in the preparation of some cold meat dish. Cover the breast with bacon and roast in a moderate oven 50 minutes; remove bacon and brown well. Put bird on a hot dish, mix 1 tablespoonful of flour with drippings in pan, stir until nicely browned, add one cup boiling water in which has been previously boiled pheasant giblets, add salt and pepper. Strain and serve in gravy boat. Fried bread crumbs should be served with this dish.—Mrs. A. Shard.

Fried Pheasants.

	Cost.
3 lbs. pheasants.....	\$0.0000
1 quart hot water.....	.0000
1 T butter.....	.0156
2 T Crisco.....	.0164
2 T flour.....	.0018
1 t salt.....	.0003
Top gas, 1½ hours.....	.0171

Cost of frying pheasant....\$0.0512
And will serve six people.

Salt over night as before. Remove from water and drain, dredge well with flour and salt. Fry for one hour in 2 tablespoonfuls Crisco and 1 of butter. After meat browns well keep it covered and let cook slowly.—Mrs. Reid.

Prairie Chicken.

	Cost.
Prairie chickens	\$0.0000
1 gallon water to wash.....	.0000
4 t soda.....	.0028
2 c bread crumbs.....	.0300
2 T minced onion.....	.0020
1 apple, chopped fine.....	.0100
½ t salt.....	.0001
½ t pepper.....	.0100
2-3 c water.....	.0000
2 T drippings.....	.0312
Gas top stove 10 minutes.....	.0019
Gas oven, 35 minutes.....	.0141

Cost to cook prairie chickens.\$0.1021

Clean nicely, then wash the chickens in soda water, using 1 level teaspoonful to 1 quart of water; rinse and drain, fill them with dressing made of stale bread crumbs, as follows: To 1 cupful of crumbs add 1 tablespoonful of minced onion, half of an apple chopped fine (or 1 tablespoonful), ¼ teaspoonful salt, a dash of pepper and 1-3 cup of cold water. Sew the birds up, bind down the legs and wings with cord, put them in a steamer and cook 10 minutes. Then put in a pan with 2 tablespoonfuls of

drippings, set in the oven and bake 35 minutes, basting frequently. Serve them garnished with parsley and currant jelly.—Mrs. G. Spencer, 1260 East Davis street.

Mrs. Spencer says of her recipes: "Having lived in the hills in Montana, I have used lots of game, so I know these recipes are good. I hope you will have space to print them for the benefit of others, and I want to thank you for the recipes and help from your valuable columns."

Quail on Toast.

	Cost.
Quail	\$0.0000
2 R T drippings.....	.0312
½ t salt.....	.0001
¼ t pepper.....	.0010
1 T butter.....	.0156
1 T flour.....	.0009
1 c water.....	.0000
1 c milk.....	.0268
1 t salt.....	.0003
¼ t pepper.....	.0021
Gas 10 minutes, hot.....	.0019
Gas 20 minutes, simmering....	.0013

Cost of cooking the quail...\$0.0812

Pick and clean. Cut through the middle of the back. Put two large tablespoonfuls of drippings into a skillet, season with salt and pepper, fry them ten minutes. Now take one tablespoonful butter and the same of flour; put in an earthen or porcelain dish and stir over a slow fire until the butter is dissolved. Then pour in slowly 1 cup of water and 1 of milk, 1 teaspoonful salt, half teaspoonful pepper; put in the birds and simmer slowly 20 minutes. Toast slices of bread, place on a hot platter, lay the birds on the top of the toast; pour the gravy over all and serve very hot.—Mrs. G. Spencer.

Additional Recipes

Nuts Cheese Grains

Pastes Eggs

as

Meat Substitutes

Nuts, Cheese, Grains, Pastes and Eggs

as Meat Substitutes

I. Nuts—

Walnut Loaves
Walnut Roasts
Walnut Cutlets
Cabbage and Nuts
Carrots and Nuts
Peanut Combinations

II. Cheese—

Macaroni with Cheese
Spaghetti with Cheese
Vermicelli with Cheese
Cheese Relishes
Cheese Fondues
Cheese Souffles
Cheese Rarebits
Miscellaneous Cheese Recipes

III. Rice—

Rice and Cheese
Rice and Tomatoes

IV. Oats and Corn Meal.

V. Vegetables—

Potatoes and Cheese
Corn and Cheese
Peas and Cheese
Beans, Rice and Cheese
Hominy and Cheese

VI. Eggs—

Eggs and Rice
Eggs and Cheese
Eggs and Tomatoes
Eggs in Milk, etc.

Nuts, Cheese, Grains, Pastes and Eggs as Meat Substitutes

Food Value Tables.

Today I have copied a U. S. government bulletin giving the constituents of the foods we are working with this week, and others. If we notice this table and study and use it I am sure we will find it helpful. Please notice that the food or fuel value is given last in calories per pound, so the real food value will depend on how much of each we use at a time. Butter has 3405 calories and beefsteak 1090, but a man might eat a half pound of beefsteak at a meal, or 545 calories, and would not use, probably, over one ounce of butter or 213 calories. So we must remember that these figures are all for one pound of each, and estimate accordingly.

	Water	Proteins	Fat	Carbohydrates	Ash	Fuel Food Value. Calories per lb.
Cream cheese.	34.2	25.9	33.7	2.4	3.8	1885
Peanut butter	2.1	29.3	46.5	17.1	5.0	2735
Butter	13.0	1.0	83.0	...	3.0	3405
Cocoanut						
(dissicated)	3.5	6.3	57.4	31.5	1.3	3025
Walnut meat.	2.5	16.6	63.4	16.1	1.4	3180
Peanuts	9.2	25.8	38.6	24.4	2.0	2485
Dry N. beans.	12.6	22.5	1.8	59.6	3.5	1560
Raisins	14.6	2.6	3.3	76.1	3.4	1560
Dried figs	18.8	4.3	0.3	74.2	2.4	1435
Bananas	75.3	1.3	0.6	22.0	0.8	445
Potato	78.3	2.2	0.1	18.4	1.0	375
White bread.	35.3	9.2	1.3	53.1	1.1	1180
Whole wheat bread						
.....	38.4	9.7	0.9	49.7	1.3	1110
Corn bread	38.9	7.9	4.7	46.3	2.2	1175
Whole egg	73.7	14.8	10.5	...	1.0	695
Mackerel fish	73.4	18.3	7.1	...	1.2	620
Beefsteak	61.9	18.6	18.5	...	1.0	1090
Lamb chop	53.1	17.6	28.3	...	1.0	1475
Bacon	18.8	9.4	67.4	...	4.4	3090
Pork chop	52.0	16.9	30.1	...	1.0	1535

Nuts as a Meat Substitute

Nut Loaf.

	Cost.
1 c walnuts	\$.01250
2 c whole wheat bread crumbs	.0300
1 c raw carrots	.0150
1 medium onion (½ c)	.0125
1 T Crisco (or dripping)	.0082
1 T parsley (from garden)	.0000
1 egg (cooking)	.0400
1 t salt	.0003
½ t pepper	.0010
Fir wood fuel, 1½ hours (half use)	.0306
Cost	\$.02626

Sauce.

	Cost.
2 lbs. tomatoes	\$.0800
1 T cornstarch	.0016

Will serve 4 or 5, total cost..\$0.3442
Or about 7 cents each.

(This is fine also sliced cold with salad dressing.)

Put nuts through food chopper twice, bread crumbs and carrots once; chop onion fine and brown in Crisco or dripping; mix with nuts, carrots, bread crumbs, chopped parsley, salt and pepper. After you have thoroughly mixed all these ingredients together, add the egg and sufficient cold water to make a mixture the consistency of a fritter batter. Use a narrow deep bread pan to bake it in; grease the pan, bake 1½ hours. Serve with tomato sauce (strained tomatoes thickened with cornstarch).—Mrs. A. N. Orke, Eagle Creek, Or.

Walnut Loaf.

	Cost.
½ lb. walnuts, chopped fine	\$.01500
2 c cooked rice	.0016
1 egg	.0450
1-3 t celery salt	.0010
½ t salt	.0002
1 T chopped onion	.0016
Juice 1 lemon	.0167
Gas to bake 30 minutes	.0127

Cost\$0.2288

This will serve four at a cost of about 23 cents, or less than 6 cents each. Make into a loaf, mixing all ingredients thoroughly, and bake half an hour.—Joyce L. Hays, 475 Clay street.

Potato and Nut Loaf.

	Cost.
1 c hot mashed potatoes	\$.0149
1 t salt	.0003
1 c nut meats	.0125
1 c bread crumbs	.0150
2 eggs (50c dozen)	.0833
1 T butter	.0156
Fuel 20 minutes (gas)	.0190

Cost for 4 persons.....\$0.1516

Or less than 4c each.

Chop the nuts, add the hot potatoes, a little salt, eggs well beaten, the bread crumbs and enough water or milk to form a stiff paste. Make into a loaf; place in a buttered tin, put a tablespoonful of butter on top, a cupful of hot water in pan, outside tin, and bake 20 minutes, or until brown, using the liquid for basting. The sauce left in the pan may be thickened and poured over the loaf when serving. Serves four persons.—Mrs. F. N. Taylor.

Nut and Sweet Potato Loaf.

Mrs. Watkins says: I am sending my best meat substitute, which is not only that, but a balanced ration as well, and is good hot or cold.

Cost.

3 lbs. sweet potatoes, cooked and mashed	\$0.1500
$\frac{1}{2}$ c walnuts, chopped	.0630
1 R T butter	.0312
1 c seeded raisins ($\frac{1}{2}$ lb.)	.0750
1 R T butter	.0312
Gas, 1 hour	.0255

Will serve 6 persons.....\$0.3495

Costs about 6 cents for each person. Boil potatoes, then peel and mash. Add other ingredients, make into a loaf and bake 20 minutes. Will keep well.—Mrs. T. F. Watkins, 303 Marsters street, Roseburg, Or.

Nut Roast.

Cost.

2 c bread crumbs	\$0.0300
1 c nuts	.1250
1 c celery	.0143
Chop together and add:	
2 beaten eggs	.0800
$\frac{1}{4}$ t salt	.0002
$\frac{1}{8}$ t pepper	.0010
1 T butter	.0156
$\frac{1}{2}$ c milk to moisten	.0134
Fuel, fir wood, $\frac{1}{2}$ hour ($\frac{1}{2}$ use)	.0102

Cost to serve five people....\$0.2897
Or less than 6 cents each.

Put the butter in half cupful water and pour round the loaf for basting occasionally.

Croquettes—This same mixture may be molded, dipped first in beaten egg, then in bread crumbs, and fried in deep fat.—Amy Westbrook, 1540 Salem road, Albany, Or.

Cheese and Nut Roast.

I am sending you three very economical recipes which are not original, but I have used them with great success:

Cost.

1 onion ($\frac{1}{2}$ c)	\$0.0125
1 T Crisco	.0082
1 c grated cheese	.0750
1 c chopped nuts	.1250
1 c bread crumbs	.0150
1 lemon (juice of; 20c dozen)	.0167
$\frac{1}{2}$ t salt	.0001
$\frac{1}{8}$ t pepper	.0010
Water to moisten	.0000
Gas, moderate oven, 30 minutes	.0128

Enough for 3 people costs...\$0.2670

Portion for each costs about 9 cents.

Grate the onion and brown it in the Crisco. Then mix the onion with the cheese, nuts, bread crumbs and lemon juice, and salt and pepper. Add enough water to moisten. Bake in a shallow dish in moderate oven for 30 minutes.—Mrs. A. E. Estes.

Second Prize.

For the best recipe for serving nuts, particularly the Oregon-grown nuts

(walnuts, filberts and havelnuts) in any form or combination (except using them with meat or cheese) as the main ingredient in a hearty dish designed as a meat substitute was won by the following:

Bread and Nut Cutlets.

3 c bread crumbs (about 1 loaf)	\$0.0600
1 c shelled walnuts	.1500
1 T minced onion	.0010
2 t butter	.0312
1 t flour	.0003
1 c milk	.0268
1 t lemon juice (1-3 lemon)	.0067
2 eggs	.0916
2 T fat for mixing	.0074
Gas, 10 minutes	.0043

Cost\$0.3793

Will serve six persons at 6 1-3 cents each.

Chop together or run through a meat grinder 2 cups bread crumbs, 1 cup nut meat mixed in a tablespoonful of minced onion and a teaspoonful of butter. Melt in a hot saucepan a teaspoonful of butter, the same of flour and gradually a cup of milk. Stir in the bread crumbs and nuts, season to taste, add one egg well beaten and a teaspoonful of lemon juice; turn the mixture into a dish to cool; when cool roll into cutlets or croquettes, dip in egg and bread crumbs and fry in 2 tablespoonfuls of fat until brown. Garnish with minced parsley. It is as good as chicken.—Mrs. W. S. Roberts, 1310 Clay street.

Walnut Cutlets.

Cost.

$1\frac{1}{2}$ c bread crumbs	\$0.0225
6 walnut meats	.0234
1 R t butter	.0064
1 t grated onion	.0005
$\frac{1}{2}$ t flour	.0002
1 c milk	.0268
2 eggs (whites only)	.0400
1 lemon (juice)	.0167
$\frac{1}{4}$ t pepper	.0010
1 t salt	.0003
1 T fat for frying	.0624
Gas, 20 minutes, top	.0038

Cost\$0.2040

Run $\frac{1}{4}$ pound bread crumbs and skinned walnuts through a grinder; mix them with the butter and grated onion. Melt a large teaspoonful of butter in a saucepan with half a teaspoonful of flour and add the milk gradually. When this boils add the other ingredients, pepper and salt to taste, and white of one egg. When removed from fire add a teaspoonful of lemon juice. Stir well and turn out into a dish to cool, then shape into cutlets; dip in the white of the other egg and in bread crumbs remaining,

and fry in boiling oil. Serve with bread or with tomato sauce.—Maria McI. Gillmore.

Cabbage and Nut Salad.

	Cost.
1 egg yolk ($\frac{1}{2}$ egg).....	\$0.0200
$1\frac{1}{2}$ c Wesson's cooking oil (\$1.45 gallon)	.1359
$\frac{1}{2}$ t red pepper.....	.0042
$\frac{1}{2}$ t paprika.....	.0063
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{2}$ of a medium sized cabbage	.0306
1 c English walnuts.....	.1250

Cost for six.....\$0.3222

Or 51-3c each for salad.

Make the mayonnaise dressing out of the beaten yolk of egg. Add 1 teaspoonful of the oil at a time until about 10 teaspoonfuls are taken, beating with a Dover eggbeater constantly. Gradually increase amount of oil until all oil is used. Then add pepper, paprika and salt.

Mix one-half of this dressing with the cabbage and nuts chopped up very fine. Add a little lemon juice if desired.

This makes a lovely substitute for meat and will serve six at the small cost of about 5 cents apiece.—Alva Kutknecht, 1247 Delaware avenue.

Carrot Nut Croquettes.

	Cost.
6 carrots	\$0.0450
$\frac{1}{2}$ c walnut meats.....	.0625
1-3 c flour.....	.0047
1 egg @ 48c dozen.....	.0400
2 T butter.....	.0312
1 T onion, minced.....	.0010
1 t salt.....	.0003
1 t sugar.....	.0026
Gas 15 minutes.....	.0028

Cost\$0.1901

Boil carrots tender and put through sieve. Cream 1 tablespoonful sugar with 2 tablespoonfuls butter; add 1 egg, well beaten, and 2 cupfuls

minced carrots. Beat in $\frac{1}{2}$ cupful of walnut meats (chopped), add 1-3 cupful flour. Form into croquettes, brush with egg white, roll in cracker crumbs, fry in hot fat, drain the croquettes and serve with a cream sauce.—Mrs. W. S. Roberts.

Peanut Treasure Trove.

	Cost.
2 c diced cooked potatoes.....	\$0.0200
2 hard boiled eggs.....	.0800
$\frac{1}{2}$ c chopped peanuts.....	.0625
1 T flour.....	.0009
1 T butter.....	.0156
1 c milk.....	.0263
1 t salt.....	.0003
Gas, 15 minutes.....	.0028

Cost\$0.2089

Make a white sauce of the butter, flour, milk and seasonings. Add the potatoes, the eggs, coarsely chopped, and stir in the peanuts just before serving.—Mrs. J. L. Ringo.

Peanut Loaf.

	Cost.
$\frac{1}{2}$ lb. peanut butter at 20c lb.....	\$0.1000
2 c bread crumbs.....	.0300
2 c cooked lima beans.....	.0750
1 T butter.....	.0156
1 t salt.....	.0003
1 hour to cook beans.....	.0204
Fuel, fir wood, $\frac{1}{2}$ hour ($\frac{1}{2}$ use)	.0102

Cost for six persons.....\$0.2447

Or 4 cents each.

Soak lima beans over night. Boil gently one hour, or until tender. Moisten bread crumbs with liquor from lima beans, mash beans fine, mix all ingredients well, form into loaf and bake $\frac{1}{2}$ hour.—Mrs. H. H. Barnes.

Carrot Salad.

Chop carrots very fine through food chopper. Chop English walnut meat coarse. Mix together with mayonnaise dressing.—Mrs. A. E. Combs.

Cheese as a Meat Substitute

Dear Friends: The bulletin issued by the United States department of agriculture on cheese does away with the popular idea of the indigestibility of this useful and palatable food, which has been called to our attention so prominently of late as an ideal substitute for meat, desirable both from the standpoint of health, as we pointed out recently, and in the great food conservation drive, in which we are all so vitally interested. The bulletin explains from the result of scientific experiment the desirability of giving cheese an important place in one's diet. In Johnson's time cheese was used as we use meat now, for the

principal dish of the meal, but it now has come to be used as a relish or side dish. And when nature rebels against a hearty meal of proteins with cheese added, we say complacently that it was the cheese that caused the trouble, and relegate it to the list of indigestibles.

The government report has exploded this fallacy, putting this nutritious food in the proper place as the principal hearty dish of a meal, instead of an addition to a menu already heavy with proteins, so we need not, like Nebuchadnezzar, subsist on grass alone (or on vegetables), just because meat has been taken from us, for

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there are many delicious dishes, such as we give in these pages, to take its place.

Italian Cheese and Macaroni.

	Cost.
2 c of macaroni ($\frac{1}{2}$ lb.).....	\$0.0500
2 c of tomatoes.....	.0534
$\frac{1}{2}$ c of cut onion.....	.0125
$1\frac{1}{2}$ c of grated cheese.....	.1125
2 T of butter.....	.0312
1 t of salt.....	.0003
$\frac{1}{8}$ t of white pepper.....	.0010
$\frac{1}{4}$ t of paprika.....	.0031
1 egg.....	.0400
1 c of milk.....	.0268
Wood fuel ($\frac{1}{2}$ use for 45 min.)	.0127

Cost\$0.3435

Put macaroni in a pan with 3 quarts of boiling water, boil 20 minutes, then blanch with cold water. Brush the baking dish with butter, put in macaroni, then a sauce made as follows: Put onion, tomatoes, salt, pepper, paprika, $\frac{1}{2}$ cup hot milk together. Then add cheese with one egg beaten over that. Put dish in hot oven and bake 25 minutes.—Mrs. J. L. Egger, Grants Pass, Or.

Italian Macaroni.

(The private recipe of an Italian chef.)

One pound fresh link sausage, 1 quart can of tomatoes, 2 ordinary sized onions. Put all together to cook in granite basin on the back part of the stove. Cook slowly six to eight hours, being careful it does not burn. Remove the sausages (which are very nice boiled up in clear water for breakfast next morning). Boil a little less than one pound of macaroni broken in one-inch pieces, in salted water till tender. Grate or chop 1 pound cheese. In a large granite basin put a layer of macaroni, then a layer of cheese, salt and pepper to taste; then a layer of the tomatoes, enough to fill in crevices. Repeat these layers till the dish is full, sprinkling a layer of cheese on top. Bake in the oven 15 or 20 minutes till nicely browned, and serve hot.—Mrs. F. N. Chapel. (Aunt Prudence.)

Macaroni and Cheese Croquettes.

	Cost.
1 c cooked macaroni.....	\$0.0104
1 T butter.....	.0156
1 T flour.....	.0009
1 c milk.....	.0268
1 T grated cheese.....	.0047
2 eggs (yolk 1 egg).....	.0400
$\frac{3}{4}$ t salt.....	.0012
$\frac{1}{8}$ t pepper.....	.0010
Gas, top 30 minutes.....	.0057

Cost\$0.1063

Cut fine 1 cupful cold cooked macaroni; add this to a thick sauce made of 1 tablespoonful each of butter and flour and 1 cupful of milk, tablespoonful of grated cheese, yolks of 2 eggs, salt, pepper. Cool, shape into balls and fry in deep fat.—Mrs. J. W. Harris.

Italian Macaroni.

	Cost.
1 lb. fresh link sausage.....	\$0.2000
1 can tomatoes.....	.1500
$\frac{3}{4}$ c minced onions.....	.0123
$\frac{7}{8}$ lb. macaroni.....	.0704
1 T salt to boil macaroni.....	.0008
1 lb. cheese.....	.3000
2 t salt.....	.0006
$\frac{1}{4}$ t pepper.....	.0020
Gas, 8 hours simmering.....	.0320
20 minutes baking.....	.0085

Cost\$0.7766
Sausages left for breakfast.... .2000

Net cost\$0.5766

Macaroni and Cheese.

	Cost.
$\frac{1}{2}$ package macaroni.....	\$0.0750
2 t salt.....	.0006
$\frac{1}{8}$ t pepper.....	.0010
1 t mustard.....	.0083
1 T Wesson oil.....	.0057
1 c cheese.....	.0750
2 eggs.....	.0800
Gas—Top burner, 20 minutes..	.0039
To bake 20 minutes.....	.0043

Cost\$0.2538

My family are very fond of macaroni without tomatoes. Put half a package of macaroni in kettle of boiling water, salted. Cook 10 minutes; pour off water and add 1 pint fresh boiling water; cook 10 minutes longer; salt to taste and pepper. Add 1 teaspoonful dry mustard, 1 tablespoonful Wesson oil, 1 cupful grated cheese and 2 eggs, well beaten. Stir all together and bake about 10 minutes.—Mrs. Hugh Latimer, 768 Johnson street.

Macaroni and Cheese.

	Cost.
$\frac{1}{4}$ lb. macaroni.....	\$0.0250
1 c grated cheese (stale).....	.0750
1 T butter.....	.0156
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0020
$\frac{1}{2}$ c bread crumbs.....	.0075
1 pint skimmed milk.....	.0125
2 T flour.....	.0018
Gas to boil, 20 minutes.....	.0038
Gas oven, 30 minutes.....	.0128

Cost for six people.....\$0.1563

Or 2 $\frac{1}{2}$ cents each.

Break the macaroni in pieces about 2 inches long; cook rapidly for 20 minutes in boiling water with $\frac{1}{2}$ t salt; have ready the grated cheese and white sauce, made as follows: Put the milk on to boil, thicken it with 2 T flour mixed smooth in $\frac{1}{2}$ cup of milk; stir into the sauce half of the butter, $\frac{1}{2}$ t salt and $\frac{1}{4}$ t pepper. When thick pour over the macaroni and cheese which has been put in alternate layers in a baking dish, sprinkle over with the bread crumbs and bake in the oven 30 minutes, not too hot an oven, as it burns quickly. This makes enough to serve six people.—Mrs. G. Spencer.

Macaroni and Cheese.

	Cost.
5 T grated cheese.....	\$0.0500
1 T flour.....	.0009
1 T butter.....	.0156
1 egg.....	.0480
1 c milk.....	.0268
1 t salt.....	.0003
1/4 t pepper.....	.0010
1/2 package macaroni.....	.0500
Gas 1/2 hour, top 1/2 hr. baking	.0169

Cost for four persons.....\$0.2095

Or 5 cents each.

Boil macaroni 15 minutes in salted water, drain and pour half cup milk over and boil a few minutes. While macaroni is cooking make a sauce of the first five ingredients and 1/2 cup milk, stir all together, then stir over fire until cheese is dissolved. Beat until a cream, then stir into the boiling macaroni, pour into buttered dish and bake 1/2 hour. Best ever.—Mrs. Welch.

Macaroni, Etc., with Cheese.

(Entered for first prize.)

	Cost.
1/2 lb. macaroni, or spaghetti, or rice (1 c).....	\$0.0500
1 t salt.....	.0003
1-3 lb. cheese.....	.1000
2 T flour.....	.0018
1 1/2 c milk.....	.0402
Chopped parsley.....	.0000
Gas burner, 15 minutes.....	.0028
Gas oven, 30 minutes.....	.0110

Costs.....\$0.2061

Serves six at 3 1-3 cents each.

Cook the macaroni, spaghetti or rice in salted water, rapidly boiling, for 15 minutes. Drain. Arrange a layer in a casserole, sprinkle with chopped cheese, dredge with flour, then arrange another layer in the same way. Over all pour the milk, and bake 30 minutes. Sprinkle chopped parsley over the top to garnish. The addition of 1 cup of bread crumbs, if liked, will make this amount serve seven, at 3 cents each.—Mrs. W. E. Metzger, 929 Pacific street.

Fried Spaghetti.

(Entered for third prize.)

	Cost.
3 t chopped ham.....	\$0.0500
1/2 c chopped onion.....	.0125
1/2 lb. spaghetti (cooked).....	.0500
1 c tomatoes (cooked).....	.0267
1/2 c grated cheese.....	.0375
1 t salt.....	.0003
1/4 t pepper.....	.0010
Fuel, 1 hour, fir wood (1/2 use)	.0204

Cost for six persons.....\$0.1984

Or 3 2-3 cents each.

Fry onion and ham together until brown. Add spaghetti, tomatoes, cheese, salt and pepper, and a cup of water. Bake until well browned.—Amy B. Westbrook.

Spaghetti with Tomato and Cheese Sauce.

(A meat substitute.)

	Cost.
1 lb. spaghetti.....	\$0.1000
6 large tomatoes.....	.0500
1/4 lb. cheese.....	.0750
2 t salt.....	.0006
1/4 t cayenne pepper.....	.0020
Garlic (3 sections) in garden.....	.0000
Cooking, 1 1/4 hours on top wood stove (half use).....	.0179

Serves six persons for.....\$0.2455
Or 4 cents each.

Break spaghetti in small pieces and put on in salted boiling water (enough water to cover spaghetti) and let boil briskly a half hour. Peel tomatoes and cut garlic in small pieces, and add to spaghetti and let boil about three-quarters of an hour longer. Boil slowly and stir often. When almost done add grated cheese and cayenne pepper and salt.—Mrs. H. H. Minard, 1236 Division street.

(It seems to me there is too much pepper.)

Spaghetti, Tomatoes and Cheese.

	Cost.
1 T Wesson oil.....	\$0.0057
1 onion.....	.0167
2 c tomatoes.....	.0664
1 clove garlic.....	.0001
1/2 t salt.....	.0002
1/4 t pepper.....	.0010
1/2 package spaghetti.....	.0750
1 t salt.....	.0001
1/4 lb. cheese.....	.0375
Gas—simmering, 1/2 hour.....	.0020
Top burner, 15 minutes.....	.0029
Baking, 10 minutes.....	.0043

Cost.....\$0.2119

Try this spaghetti recipe: Put 1 tablespoonful bacon grease or Wesson oil in frying pan; chop 1 onion fine and braise, not brown it. Add tomatoes, as much as liked, 1 clove of minced garlic, salt and pepper, and allow to simmer until well cooked; then put through a colander. While this is cooking, drop half package spaghetti in boiling salted water and cook about 15 minutes, strain off water and stir into tomatoes. Put quarter pound cheese through meat grinder, or grate it if more convenient, and stir into spaghetti. Turn into casserole and bake about 10 minutes and serve.—Mrs. Latimer.

Spaghetti, Tomatoes and Cheese.

	Cost.
1/2 package broken spaghetti.....	\$0.0750
1 t salt.....	.0003
1 onion (1/2 c).....	.0083
1 T butter.....	.0156
1/2 can tomatoes.....	.0750
1 c mushrooms.....	.0083
1 t tobasco sauce.....	.0032
1 t Worcester sauce.....	.0032
1/4 t cayenne pepper.....	.0010
2 T grated cheese.....	.0094
Gas, top 20 min., oven 30 min.	.0166

Costs.....\$0.2159

$\frac{1}{2}$ package broken spaghetti, add 1 teaspoonful salt and quart of boiling water. Let boil half hour, then drain. Fry 1 onion in butter until brown. Add $\frac{1}{2}$ can tomatoes, spaghetti, 1 can mushrooms, 1 teaspoonful tobasco sauce and Worcestershire, a dash of red pepper. Put in baking dish and sprinkle grated cheese over and brown in oven.—Mrs. Frank Chaloupka.

Vermicelli, Tomatoes and Cheese.

	Cost.
$\frac{1}{2}$ lb. vermicelli.....	\$.0750
$\frac{1}{4}$ lb. cheese.....	.0750
1 pint tomatoes.....	.0664
$\frac{1}{2}$ c bread crumbs.....	.0075
$\frac{1}{4}$ lb. butter.....	.0625
$\frac{1}{2}$ pint milk.....	.0350
1 t Worcester sauce.....	.0032
1 t salt.....	.0003
1 t pepper.....	.0010
Gas, to boil, 30 minutes.....	.0057
Cost	\$.0316

Vermicelli.

One-half pound vermicelli, $\frac{1}{4}$ pound cream cheese, 1 pint tomatoes, $\frac{1}{2}$ cup crackers or bread crumbs, 2 ounces butter, $\frac{1}{2}$ pint milk, 1 teaspoonful Worcester sauce, salt and pepper. Boil vermicelli in plenty of water for 15 or 20 minutes, until tender. Boil tomatoes 3 minutes by themselves, then skim vermicelli from water and place with tomatoes; let both cook 5 minutes, then add grated cheese, crumbs, sauce, salt and pepper to taste; lastly milk and butter. Let all come to boiling point and serve at once on toasted or salted wafers.—Mrs. R. B. Armstrong.

Cheese Relishes, or Entrees.

Here are three of my own recipes that I have used for years:

Cheese Souffle.

	Cost.
1 c chopped cheese.....	\$.0750
3 T flour.....	.0027
$\frac{1}{2}$ c milk.....	.0402
4 eggs (cooking).....	.1600
$\frac{1}{2}$ t salt.....	.0001
$\frac{1}{2}$ t (or less) cayenne pepper..	.0010
Gas, $\frac{1}{2}$ hour (10 minutes top, 20 minutes oven).....	.0104

About 1 quart costs.....\$.02894

Chop sufficient cheese to make $\frac{1}{2}$ pint, moisten 3 tablespoonfuls flour in $\frac{1}{2}$ cupful of cold milk, stir it into $\frac{1}{2}$ pint of hot milk, cook until thick; add the cheese; stir until the cheese is melted; add the yolks of 4 eggs. Take from the fire and add $\frac{1}{2}$ teaspoonful salt and a dash of pepper, and then stir in carefully the well-beaten whites. Turn into a baking dish and bake in a moderate oven for 15 or 20 minutes. Serve immediately.

Cheese Fondue, No. 1.

	Cost.
1 lb. cheese.....	\$.3000
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{8}$ t (or less) cayenne pepper..	.0010
3 eggs (cooking).....	.1200
$\frac{1}{2}$ c milk.....	.0134
Gas 10 minutes, top.....	.0019

Cost\$.04365
Chop or grate 1 pound soft cheese, put into a saucepan, add $\frac{1}{2}$ teaspoonful soda and a dash of red pepper. Beat the yolks of 3 eggs with $\frac{1}{2}$ cupful of milk or cream, add these to the cheese, stirring constantly over the fire until the cheese is melted. Pour over toasted crackers or toasted bread, served on hot plates, as soon as cooked.

Cheese Fondue, No. 2.

	Cost.
1 1-3 c hot milk.....	\$.0357
1 1-3 c soft stale bread crumbs	.0200
1 T butter.....	.0156
1-3 lb. cheese.....	.1000
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{8}$ t (or less) cayenne pepper..	.0010
Gas 10 minutes, top.....	.0019

Cost\$.01744
Prepare as in cheese fondue No. 1. In making these fondues, rice or any other cereal may be substituted for bread crumbs; $\frac{1}{4}$ cupful of rice before cooking or 1 cupful cooked rice should be used. An advantage of omitting butter from cheese dishes, and of substituting water, or skimmed milk, for whole milk, is that it makes it possible to increase the amount of cheese without making the dish too rich. This is of great advantage because it tends to increase the tissue forming value of the dish, particularly if skim milk is used rather than water. The main reason, however, that I have copied both these recipes is that you may notice with me the amazing difference in the cost of them. I never realized it at all till just now in figuring them out, and one has not by any means three times the food value of the other. I think our pricing of our old recipes must often surprise us all. That is just what I started this column to do—to find out exactly what our food does cost, and its food value, in order that we may be able to practice the economy and conservation of food that we are asked for at this time.

Cheese Souffle.

	Cost.
3 oz. cheese (30c lb.).....	\$.0562
3 eggs (60c dozen).....	.1500
1 T butter.....	.0156
1 T flour.....	.0009
$\frac{1}{2}$ c milk.....	.0134
$\frac{1}{4}$ t salt.....	.0001
Dash of cayenne pepper.....	.0001
Gas, 20 minutes.....	.0035

Souffle to serve 6 persons...\$.02448

Or 4 cents each.

Melt the butter in a saucepan; mix smoothly with the flour, now add the salt, cayenne and milk; simmer the mixture gently, stirring all the time, till it is as thick as melted butter; stir into it the finely grated cheese, turn into a basin and mix with it the yolks of eggs well beaten. Whisk the whites to a solid froth and add to the soufflé; pour all into a round tin, which should be only half filled, as it will rise very high; bake 20 minutes; pin a napkin around the dish in which it was baked and serve at once. This is sufficient for six persons.—Mrs. G. Spencer.

Cheese Soufflé.

	Cost.
1 c grated cheese (brick), 30c lb.	\$.0750
2 c skim milk	.0063
1 T flour	.0009
1 T butter	.0156
$\frac{1}{2}$ t salt	.0002
$\frac{1}{2}$ t cayenne pepper	.0042
2 eggs (preserved)	.0600
Wood heat $\frac{1}{2}$ hour, ($\frac{1}{2}$ heat)	.0143

Cost to serve five people...\$0.1775
Or $3\frac{1}{2}$ cents each.

Melt butter, add flour and stir until smooth. Pour in milk and stir until it comes to the boil; add cheese, salt, pepper and yolks of eggs; beat two or three minutes; then fold in well beaten whites of eggs. Bake in pudding mold in hot oven until nicely browned and set, which will be about 20 minutes.—Mrs. A. M. Shand.

Cheese Soufflé.

	Cost.
$\frac{1}{2}$ t salt	\$.0001
$\frac{1}{2}$ t pepper	.0010
$1\frac{1}{2}$ T Crisco	.0123
1 T flour	.0009
$\frac{1}{2}$ c milk	.0134
3 eggs at 50c a dozen	.1250
1 c grated cheese	.0750
Gas $\frac{1}{2}$ hour (baking and cooking)	.0127

Will serve four persons for...\$0.2404
A trifle over 6 cents a portion.

Stir flour in Crisco while heating in a saucepan. Pour milk in slowly and let it come to a boil. Add seasoning and yolks of eggs well beaten, then the grated cheese. Stir well for a minute or two, then pour in a bowl to cool. When cool add white of eggs, beaten very stiff. Pour in a shallow pan and bake in moderate oven 20 minutes.—Mrs. H. C. Fixott, 1122 East Mill street.

French Rarebit.

	Cost.
3 c bread crumbs	\$.0450
$\frac{1}{2}$ lb. grated cheese	.1500
2 c milk	.0536
1 egg (cooking)	.0400
1 T butter	.0156
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010

$\frac{1}{2}$ t mustard	.0010
Baking 20 minutes, wood heat ($\frac{1}{2}$ use)	.0048

For four persons costs...\$0.3113
Or 8 cents each.

Butter baking dish and put in layer of bread crumbs. Cover with grated cheese, then another layer of crumbs and cheese, and so on until pan is full, having a layer of crumbs on top. Beat the egg and add the milk and seasoning and pour over cheese and crumbs. Put little bits of butter on top and bake in hot oven until it is fluffy and brown, or about 20 minutes, and serve at once.—Mrs. Minard.

Welsh Rarebit.

	Cost.
3 oz. cheese (30c lb.)	\$.0562
4 oz. grated bread	.0150
3 oz. butter (55c lb.)	.1376
2 egg yolks (half use)	.0400
$\frac{1}{4}$ t salt	.0001
1 t made mustard, $\frac{1}{2}$ boughten	.0055
$\frac{1}{4}$ t pepper	.0020
6 slices of bread ($\frac{1}{2}$ loaf)	.0300
Gas, 8 minutes	.0014

Costs...\$0.2878

Grate the cheese and mix with the yolks of the eggs; take the bread crumbs, butter and mustard and beat in a mortar; add salt and pepper; toast the bread; spread thickly with the paste; put them in the oven. They should be hot and brown in eight minutes. Serve garnished with parsley.—Mrs. G. Spencer.

Tomato Rarebit.

Following is a recipe I enter for first prize. We find it a fine meat substitute:

	Cost.
1 T butter	\$.0156
2 T flour	.0018
1 c milk	.0263
2 c cheese	.1500
1 c tomatoes	.0267
2 eggs (cooking)	.0800
$\frac{1}{2}$ t soda	.0002
$\frac{1}{2}$ t salt	.0002
$\frac{1}{2}$ t mustard	.0042
$\frac{1}{4}$ t red pepper	.0041
Gas, top heat for 20 minutes	.0038

Cost...\$0.3134

This is plenty for eight people at 4 cents per portion.

To mix: Put butter in chafing dish or double cooker and melt. Add flour, to which has been mixed the mustard, salt and pepper. Blend well, add slowly the milk, and when this has thickened add the tomatoes, which have been sweetened with $\frac{1}{2}$ teaspoonful soda. Stir till heated, then add, while stirring briskly, the grated or shaved cheese. Stir until cheese is thoroughly melted. Last add the slightly beaten eggs and cook until it thickens. Pour over crackers at the table and serve. If this gets too stiff at table it can be thinned without

hurting it, and also can be warmed up the next day.—Mrs. Reid, 110 Twenty-first street North.

Cheese Cakes.

	Cost.
1½ cups flour.....	\$.0218
4 T lard (melted).....	.0624
½ lb. grated cheese.....	.1500
2 egg yolks (1 egg).....	.0400
1 T butter.....	.0156
½ t salt.....	.0002
½ t paprika.....	.0016
¼ cup cold water.....	.0000
Gas oven 15 minutes.....	.0028

One dozen cheese cakes cost. \$.2944

Add ¼ teaspoonful salt to the flour, also the melted lard and 2 heaping tablespoonfuls grated cheese (American cheese). Mix thoroughly with a silver fork; now pour the cold water in a drop at a time till the dough clings together, roll out as for pie crust. Cut into rounds with large biscuit cutter, and place in the center of each round 1 tablespoonful of the following: The grated cheese, the beaten egg yolks, salt and paprika mixed together. Moisten around the edge, put on top crusts of the rounds, press together with a fork and bake 15 minutes in hot oven. These are delicious and very nice for picnics. This quantity makes a dozen.—Mrs. G. Spencer.

Cheese Puff.

	Cost.
4 eggs (50c dozen).....	\$.01667
1 c milk.....	.0300
1 R T flour (2 T).....	.0018
6 T cheese (¼ lb.).....	.0282
1 t salt.....	.0003
1 T shortening.....	.0156
Fuel, gas 15 minutes on top (.0028c), 30 minutes in oven (.0127c).....	.0155

Serve six people at cost of...\$.02581
Or 4 1-3 cents each.

Melt shortening in pan; stir in flour. When smooth, add milk and stir until thick and well cooked. Add cheese (grated) and salt, and stir until cheese is melted. Take from fire, stir in egg yolks well beaten, then fold in the stiffly beaten whites. Pour into buttered casserole, place in shallow pan of water and bake, with cover on, 30 minutes.—Mrs. F. N. Taylor.

Scalloped Cheese.

	Cost.
¼ lb. cheese, 30c.....	\$.0750
4 fresh eggs, 60c dozen.....	.2000
¼ t pepper.....	.0020
1 pint milk.....	.0535
1 t salt.....	.0003
1 T butter.....	.0156
4 slices bread (1-3 loaf).....	.0200
Gas, 15 minutes.....	.0028

Cost for five people.....\$.03692
Or 7½ cents each.

Spread the slices of bread with the butter; lay in a baking dish with the grated cheese and seasoning between the slices; mix the eggs and milk together and pour over the bread and cheese. Bake in a hot oven 15 minutes. This makes an ample dish for five people.—Mrs. G. Spencer.

Cheese Omelet.

	Cost.
3 eggs (preserved).....	\$.0900
1 T grated cheese.....	.0047
1 T milk.....	.0017
1 T butter.....	.0156
½ t salt.....	.0002
¼ t pepper.....	.0001
Wood heat 15 minutes (½ heat).....	.0072

Cost of Omelet.....\$.01204
Beat egg yolks until thick and creamy. Add cheese, milk, pepper and salt. Fold in lightly whites, well beaten. Have butter melted in skillet and pour in mixture. Still until it begins to set, then fold one-half over the other, making it crescent shaped. Be sure and have it nicely browned. Serve immediately.—Mrs. A. Shand.

Cheese Ramequins.

	Cost.
1 c grated cheese.....	\$.0750
¾ c bread crumbs.....	.0112
1 t (scant) mixed mustard....	.0111
1 c milk.....	.0268
½ T butter.....	.0078
Gas (15 minutes simmer, 10 minutes top).....	.0029

Cost.....\$.01348

Boil the milk and pour over it the bread crumbs, and let them stand on the stove, covered up, for a quarter of an hour. Now mix in the grated cheese, mustard and butter. Butter some little china ramequin cases, and fill them three parts full of the mixture. Bake about 10 minutes in a hot oven, and serve immediately.—Maria McI. Gillmore.

Additional Recipes

Rice Combinations

First Prize—For the best recipe for serving cheese in any form or combination (except using it with meat) as the main ingredient in a hearty dish designed as a meat substitute.

Rice and Cheese.

	Cost.
1 c rice.....	\$0.0500
2 T salt.....	.0016
1½ c milk.....	.0402
1½ T flour.....	.0014
¾ t salt.....	.0002
2 T butter.....	.0312
½ c grated cheese.....	.0375
½ c cayenne pepper (or less)...	.0010
Wood fire, 30 minutes (½ use)	.0102

Cost\$0.1733

Here is a recipe for rice and cheese our family are very fond of: One cupful rice, 5 quarts boiling water, 2 tablespoonfuls salt. Wash rice in hot water five times, then in cold water three times. Have the water boiling vigorously; add salt, then the rice; sprinkle it in slowly, so that the water does not stop boiling. Boil violently 15 minutes. Be careful not to over-cook. When no hard core can be felt on pinching the kernel between thumb and finger it is done. Pour into a colander, saving the rice water for soup. Set the colander over a pot containing a little boiling water or in a cool oven, and let it steam until ready to serve. Each grain should be large and perfectly distinct.

Cheese Sauce for Rice—1½ cupfuls milk, 1½ tablespoonfuls flour, ¾ teaspoonful salt, 2 tablespoonfuls butter, ½ cupful grated cheese, cayenne pepper to taste. Stir the flour and salt smoothly into half cupful of milk; heat the remaining milk carefully to the boiling point, preferably in a small aluminum dish, and add the butter. Let all boil together for two minutes, and then set aside the pan to cool slightly, while grating the cheese. Add the cheese and bring slowly to boil, stirring constantly. Season with cayenne or white pepper to suit taste and serve hot.—Mrs. Frederick W. Christie, Box 223, St. Helens, Or.

Cheese and Pimientos with Rice.

	Cost.
2 c cooked rice.....	\$0.0160
½ c grated cheese.....	.0375
½ c milk.....	.0134
½ c can pimientos (chopped)...	.0750
1 t salt.....	.0003
¼ t pepper.....	.0010
Bake 15 minutes (gas).....	.0028
30 minutes top (rice).....	.0057

Cost for four persons.....\$0.1517

Or 3¼ cents each.

Method: Cook rice until nearly done, drain off water, mix in cheese,

pimientos and milk, then bake in casserole. This is as tasty and as economical a dish as one could wish for.—H. C. Larsen, 712 Washington street.

Cheese and Rice Souffle. (Entered for first prize.)

	Cost.
1 c rice (cooked).....	\$0.0080
1 T butter or oil.....	.0156
1 T flour.....	.0009
1 t salt.....	.0003
1 c milk.....	.0300
¼ lb. cheese.....	.0750
2 eggs.....	.0833
Fuel, 30 minutes, gas oven.....	.0127

Cost for four persons.....\$0.2258

Or 5½ cents each.

Melt butter in pan, stir in flour, then add cold milk. Stir until thick and smooth, then add cheese. When melted add rice, the yolks of eggs and salt. Take from fire and fold in the stiffly beaten egg whites. Pour in buttered bake pan, place in shallow pan of water and bake 30 minutes. Serves four persons.—Mrs. F. N. Taylor.

Imperial Loaf.

I am sending in some recipes that have been proven good.

	Cost.
1 c grated cheese.....	\$0.0750
2 c cooked rice.....	.0016
1 c prune pulp.....	.0500
1½ t salt.....	.0005
1 egg.....	.0450
1 c crumbs.....	.0150
1-3 c tomatoes (strained).....	.0089
1 small onion, chopped (½ c)...	.0125
Gas to bake, 45 minutes.....	.0220

Cost\$0.2305

This will serve four people, so costs about 6 cents each.

Mix above ingredients into a loaf and bake 45 minutes.—Joyce L. Hays.

Spanish Rice and Tomatoes.

	Cost.
2 c rice (cooked).....	\$0.0160
2 c tomatoes (cooked).....	.0534
1 c onions (sliced).....	.0250
1 t salt.....	.0003
½ t cayenne.....	.0010
1 t drippings.....	.0102
¼ t chili powder.....	.0020
Gas 40 minutes.....	.0176

Cost\$0.1255

Serves four people. Costs 3 cents per person. Mix together in a deep frying pan and fry for 40 minutes, stirring constantly.—Mrs. J. DeWitt White, Ridgefield, Wash.

Third Prize—For the best recipe for any hearty dish meeting the requirements of a real meat substitute, and not of a class already given in previous combinations (not of portions as seasonings).

Spanish Rice.

(Entered for third prize.)

	Cost.
1 c rice.....	\$.0500
1 c chopped onions.....	.0167
2 c cooked tomatoes.....	.0664
1 R T lard.....	.0188
1 t salt.....	.0003
1/4 t pepper.....	.0010
2 c beef stock or water.....	.0000
Fuel, 1 hour fir wood (1/2 use)	.0204

Cost for six persons.....\$.1736

Or less than 3 cents each.

Cook rice until done, then fry rice and onion in lard until onion is a light brown. Add tomatoes, stock, salt and pepper. Stir well together and bake in oven about 45 minutes.—Mrs. H. H. Barnes, Ridgefield, Wash.

Tomato and Rice Curry.

	Cost.
1 quart tomatoes.....	\$.1068
1 t curry powder.....	.0083
1/2 c minced onions.....	.0125
1 c cooked rice.....	.0080
1 T butter.....	.0156
1 lemon (juice).....	.0250
Gas, 40 minutes.....	.0170

Cost for five portions.....\$.1932

Or about 4 cents each.

To tomatoes add curry powder; boil 15 minutes; add onions, browned in

butter, rice and butter, also salt if not already salted. Cook for 15 minutes, add juice of one lemon and serve at once.—Mrs. Welch.

Rice Substitute for Meat.

	Cost.
1 c dry rice.....	\$.0312
1/2 lb. ripe tomatoes.....	.0250
1/2 lb. green peppers.....	.0500
1/2 lb. onions.....	.0200
2 T flour.....	.0018
1 t salt.....	.0003
2 T butter.....	.0312
Gas, 1 1/2 hours top.....	.0171
1 hour oven.....	.0255

Serves six for.....\$.0201

Or 3 2-3 cents per person.

Cook the rice for 1/2 hour in plenty of salted water. Remove seeds and membranes from pepper and let stand in scalding water for a few minutes; then chop peppers and onions quite fine, add the tomatoes, cut fine, sprinkle with the salt and flour and mix. Add the cooked rice and the melted butter (or butter in bits on the top) and bake for an hour. The addition of a cupful of chopped left-over meat or any left-over thickened gravy, is an improvement, though quite unnecessary.—Mrs. Orrin E. Stanley, 2601 Forty-ninth street S. E.

Oats and Corn Meal**Cornmeal Mush and Cheese.**

	Cost.
2 cups cornmeal mush.....	\$.0286
2-3 c cheese (grated).....	.0500
2 T drippings for frying.....	.0188
Gas 1/2 hour.....	.0057

Cost.....\$.1031

Mix grated cheese in mush and remove from stove. Cool. Cut in slices and fry in drippings.—Mrs. J. D. White.

Rollad Oat Fritters.

(Entered for third prize.)

	Cost.
2 c rolled oats (cooked).....	\$.0166
2 T cheese.....	.0094
1 T sugar.....	.0024
1/2 c bread crumbs.....	.0075
1 egg.....	.0417
1 T lard for frying.....	.0156
Fuel, gas, 15 minutes, top.....	.0028

Cost for fritters.....\$.0960

Makes 12 fritters.

To cooked oats, warm, add grated cheese, sugar, bread crumbs and well beaten egg. Drop by spoonfuls on griddle, fry brown and turn. Serve

with syrup. Excellent for luncheon or supper.—Mrs. F. N. Taylor.

(This is an ideal recipe to save left-overs and fats, and so easily prepared.)

Cornmeal Souffle.

(Entered for third prize.)

	Cost.
1 c milk.....	\$.0300
1 c water.....	.0000
1 t onion.....	.0005
1 T parsley from garden.....	.0000
2 T cheese.....	.0094
1 c cornmeal.....	.0283
1 t salt.....	.0003
2 eggs.....	.0833
Fuel, 45 minutes on gas.....	.0155

Cost for four people.....\$.1673

Or 4 cents each.

Put milk and water in top of double boiler; when boiling stir in meal and salt. Cook 15 minutes. Add cheese, seasoning and egg yolks. Take from fire, fold in stiffly beaten whites, put in buttered pan and bake 30 minutes.—Mrs. F. N. Taylor, 5511 Fifty-second avenue S. E.

The Paper Read by Every Member of the Family,
The Evening Telegram

Vegetables

Escalloped Potatoes and Cheese.

Put into buttered baking dish alternate layers of cheese sauce (as in cheese sauce and eggs) and cold boiled potatoes sliced or cut in dice. Cover with buttered crumbs and bake. —Mrs. Welch.

Cheese and Corn.

	Cost.
1 c chopped corn.....	\$.0250
1 c grated cheese.....	.0750
1 T chopped green pepper.....	.0100
¼ c flour.....	.0038
1 T Crisco.....	.0082
2 c milk.....	.0536
1 t salt.....	.0003
½ t pepper.....	.0010
Gas 30 minutes.....	.0128

Enough for 3 people costs...\$.01897
Portion for each costs 6 cents.

Melt the fat in a pan and cook the peppers until thoroughly done. Put milk in double boiler and bring to the boiling point. Mix the flour into a smooth paste with a little cold milk and add the corn and seasoning. Turn into a well-greased baking dish and bake in a moderate oven 30 minutes. —Mrs. A. E. Estes, 667 Vancouver avenue.

(I have not figured chopped green corn, or chopped green peppers, but I presume Mrs. Estes' figures are right in these, as her other pricing nearly all was. I will be glad to have any of you call attention to any mistake in pricing or figuring that appears in my columns, as we want our work absolutely correct and reliable, and mistakes may creep in in spite of the utmost care.)

Curried Rice and Kidney Beans.

(A meat substitute.)

	Cost.
½ c rice.....	\$.0040
1 c kidney beans.....	.0875
½ c minced onion.....	.0125
4 T grated cheese.....	.0450
1 T salt.....	.0008
¼ t pepper.....	.0021
1 t curry powder.....	.0083
½ t (dash) paprika.....	.0016
1 T drippings (sausage or bacon).....	.0102
Gas for cooking rice ½ hour....	.0057
Gas for cooking beans 3 hours (simmerer).....	.0120
Gas for cooking onion, curry, etc., 15 minutes.....	.0028

Will serve 6 persons for...\$.01925
Or 3¼ cents a portion.

Cook beans over night; boil in 4 quarts of fresh boiling water, to which has been added 1 t salt; cook until tender, which varies from 2 to 8 hours. Drain and keep in double boiler on back of stove or over simmerer. Cook rice as usual with 1 tea-

spoonful salt. Put drippings in frying pan, add onion, fry but do not brown. Mix curry powder with ½ cup of cold water. Add to onion, boil until it thickens slightly. Add salt, pepper and paprika to season, then add grated cheese. Cook but a few minutes longer or cheese will be stringy. Place beans in center of platter, rice around the edge and where they meet the onion and curry sauce. Sprinkle rice with paprika, garnish with parsley.—Mrs. H. C. Fixott.

Corn and Cheese Souffle.

	Cost.
1 c corn, chopped.....	\$.0500
1 c grated cheese.....	.0750
3 eggs.....	.1440
1 T butter.....	.0156
1 T chopped green pepper.....	.0200
¼ c flour.....	.0036
2 c milk.....	.0535
½ t salt.....	.0002
Gas ½ hour.....	.0128

Cost for four portions.....\$.03747

Or 9¼ cents each, counting cost of corn in own garden.

Melt the butter and cook the pepper thoroughly in it. Make a sauce of the milk, flour and cheese; add the corn, cheese, yolks and seasoning; cut and fold in the egg whites beaten stiffly, turn into buttered baking dish and bake in moderate oven 30 minutes.—Mrs. Welch.

Escalloped Peas with Cheese.

1 can peas.....	\$.2000
1 pint milk.....	.0535
1 a salt.....	.0003
½ t pepper.....	.0010
1 T butter.....	.0156
4 crackers (crumbs).....	.0100
¼ lb. cheese diced.....	.0750
1 lb. bacon fried and diced....	.0600
Gas 1 hour.....	.0255

Cost of dish.....\$.04409

Paying for peas canned from garden.

Heat the peas, make a gravy of the milk, salt, pepper and butter. Butter a baking dish and put in layer of peas; sprinkle with cracked crumbs, repeat, and on top put layer of diced cheese and fried bacon; put in oven and bake till brown.—Mrs. Welch.

Scalloped Cheese and Hominy.

	Cost.
3 c lye hominy.....	\$.0750
½ lb. grated cheese.....	.1500
3 c milk.....	.0804
3 T Crisco.....	.0246
3 T wheat flour.....	.0027
1 t salt.....	.0003
¼ t pepper.....	.0010
Gas 30 minutes.....	.0128

Enough for four people costs \$.03468

Portion for each costs about 8½ cents.

Rub a baking dish with Crisco and put in a layer of hominy and sprinkle it with cheese. Continue this way until all the hominy and cheese is used,

and pour over this a sauce made of the milk, Crisco, wheat flour and the salt and pepper. Bake in a moderate oven for 30 minutes.—Mrs. A. E. Estes.

Eggs

Eggs and Rice.

	Cost.
6 eggs	\$0.2750
1 T butter.....	.0156
1 T flour.....	.0009
1 c milk.....	.0268
1 t salt.....	.0003
2 c boiled rice.....	.0016
½ t pepper.....	.0010
Heat on stove 20 minutes (½ use)	.0048

For four people costs.....\$0.3260
Or 8 cents each.

Boil hard six eggs, cut in halves and make a white sauce. Take a tablespoonful of butter, 1 of flour and a cupful of milk. Season with salt and pepper, cook together and heat eggs in this. Have ready two cupfuls boiled and seasoned rice. Press this into a round mold. Turn it out on a hot dish and fill the center with the eggs and sauce. Garnish with parsley.—Mrs. Minard.

(Here you can boil the eggs, cook the rice and make the white sauce all at the same time with the same fire—one advantage of using wood fuel.)

Eggs Curried.

	Cost.
4 eggs (preserved).....	\$0.1200
1 T butter.....	.0156
½ cup skim milk.....	.0032
1 t curry powder.....	.0033
½ t salt.....	.0003
½ t pepper.....	.0010
1 t flour.....	.0003
1 cup dry rice.....	.0032
Wood heat 1 hour, ½ heat.....	.0143

Serves 8 people at a cost of..\$0.1949
Or 2½ cents each.

Melt butter, add flour, curry powder and milk, simmer gently ½ hour. Have eggs hard boiled, cut into quarters. Put them into pan, add salt and pepper and heat thoroughly. Pile on center of hot dish. Have rice thoroughly cooked and drained and serve it as a border.—Mrs. Shand.

Baked Eggs with Cheese.

	Cost.
4 eggs	\$0.1866
1 c cheese.....	.0750
1 c fine crumbs.....	.0150
¼ t salt.....	.0001
A few grains cayenne pepper..	.0001
Gas, ½ hour.....	.0128

Cost for four portions.....\$0.2896

Break the eggs into a buttered baking dish or ramekins and cook in hot oven until they begin to turn white around the edges. Cover with the

mixture of crumbs, cheese and seasonings. Brown in very hot oven. Must be very hot or egg will be cooked too much by time the cheese is brown.

Baked eggs are very nice prepared this way, leaving out the cheese and dotting with bits of butter instead.—Mrs. Lulu M. Welch, 1351 East Lincoln street.

Creamed Cheese and Eggs.

	Cost.
1 c milk.....	\$0.0268
2 T flour.....	.0018
2 T cheese.....	.0200
½ t salt.....	.0002
½ t pepper.....	.0010
3 hard-boiled eggs.....	.1250
4 slices toast.....	.0150
Gas 15 minutes.....	.0064

Cost for four portions.....\$0.1962
Or 5 cents each.

Make a sauce with the flour and milk and seasonings. Add the cheese and stir till melted. Chop the whites and add to the sauce. Pour over the toast, force the yolks through a potato ricer or strainer, sprinkle over the toast and serve.

By using 4 tablespoonfuls cheese in above sauce, omitting eggs, it can be used with macaroni, then baked. Is very good substitute for my macaroni and cheese recipe.—Mrs. Welch.

Eggs with Tomatoes.

	Cost.
4 eggs (50c a dozen).....	\$0.1250
3 whole tomatoes.....	.0300
4 slices of bread (¼ loaf).....	.0150
1 T butter.....	.0156
2 T bread crumbs.....	.0018
1 t salt.....	.0003
1 T minced onion.....	.0016
1 T minced carrot.....	.0010
1 T minced celery.....	.0009
1 clove garlic.....	.0001
1 clove, 2 whole peppers.....	.0001
1 bay leaf.....	.0001
Small piece of bacon rind.....	.0200
1 T corn starch.....	.0016
Fuel, gas, 20 minutes.....	.0038

Costs

And serves two people for about 11 cents each.

Cut one tomato in four slices, turn in a little milk and bread crumbs and fry in a tablespoonful of butter. Toast four slices of bread. Make tomato sauce as follows: Put bacon rind, vegetables and spices in pot and fry three or four minutes, then put in two tomatoes, cut up. Add half cupful of water, salt, let boil 15 minutes, thick-

en with a little corn starch and water, and strain. Now poach four eggs in salted water; put toast on bottom of platter, the four slices fried tomatoes on top of toast, then the poached eggs. Cover the whole with tomato sauce and serve.—Mrs. Otto Heyde, 181 Grover street.

Eggs in Tomato Sauce.

	Cost.
6 fresh eggs (60c dozen).....	\$0.3000
6 tomatoes, ½ lb. 4c.....	.0600
1 t butter.....	.0032
1 t salt.....	.0003
½ t pepper.....	.0042
6 slices of bread (½ loaf?)....	.0300
1 c of milk.....	.0268
1 T flour.....	.0009
Gas, 15 minutes.....	.0028

Cost\$0.4282

Take 6 large tomatoes and remove the inside so that each will hold an egg. Place these in a pan, put a little butter in the cavities and bake for 10 minutes. Remove from the oven and drop into each case an egg sprinkled with salt and pepper. Place back in the oven and allow to remain till the whites of the eggs are set. This takes about five minutes. Serve on slices of toast. Make a sauce of the pulp that has been removed, by adding 1 cup of milk. Boil the pulp and milk together, thicken with one tablespoonful flour, season with salt and pepper, pour around the tomatoes and eggs and serve hot.—Mrs. G. Spencer, 1260 East Davis street.

Egg Timbales with Tomato Sauce.

Mrs. Oatfield says inexpensive and nourishing, suitable for luncheon or dinner, and easy to digest.

	Cost.
4 eggs (50c dozen).....	\$0.1667
1 pint milk.....	.0535
½ t salt.....	.0002
1 saltspoon pepper.....	.0010
Onion juice.....	.0001
Gas, medium oven ½ hour....	.0128
Sauce—	
1 lb. tomatoes.....	.0500
1 T flour.....	.0009
1 T butter.....	.0156
½ t salt.....	.0002
¼ t pepper.....	.0010
1 bay leaf.....	.0001
1 onion (½c).....	.0125
Gas for cooking, 1 hour.....	.0114

Cost for 6 cups.....\$0.3260

Cost for each about 5 cents.

Beat the eggs with Dover beater slightly, gradually add the milk, then seasoning and pour into slightly greased molds or cups. This quantity makes six timbales. Set in pan of water and bake in moderate oven for about 20 minutes or until firm.

Meanwhile simmer tomatoes and seasoning, blend butter and flour in fry pan, then strain in the tomatoes, cooking until smooth and of the desired thickness. Turn timbales on a

warm platter, pour sauce around them and garnish with parsley sprays. This is a delicious dish and has the added merit of being suitable for children. Serve with baked potatoes and a green salad, as lettuce.—Mrs. John Oatfield, Milwaukie, Or.

Egg Croquettes.

	Cost.
4 eggs (55c dozen).....	\$0.1400
½ c milk.....	.0134
1 T flour.....	.0009
1 t onion.....	.0005
1 t parsley (garden).....	.0000
½ t salt.....	.0001
4 crackers.....	.0160
Gas, ½ hour.....	.0057

Cost to serve four people...\$0.1766

Or 4½ cents each.

Boil 3 eggs until hard and chop them. Cook milk, onion, parsley and flour until thick, and add chopped eggs. Cool, beat 1 egg and crushed cracked crumbs. Add to mixture, form in balls and fry in drippings.—Mrs. J. D. White, Ridgefield, Wash.

Scalloped Eggs.

	Cost.
6 eggs.....	\$0.2400
1 T Wesson oil.....	.0057
1 c cracker crumbs.....	.0300
½ t salt.....	.0002
½ t pepper.....	.0010
1 T lemon juice (1 lemon)....	.0200
1 c milk.....	.0268
Gas, 20 minutes.....	.0085

Less than 1 quart costs.....\$0.3322

Boil hard 6 eggs, put through meat grinder, grease casserole and sprinkle bottom with cracker crumbs; alternate eggs, salt and pepper, few drops of lemon juice and few drops Wesson oil, putting in layers with cracker crumbs between and on top, add enough sweet milk to almost cover; bake 20 minutes.—Mrs. H. Latimer.

(Rather expensive for these times).

Eggs in Cream Sauce.

Mrs. Hembree says: I'm coming in to the circle again, as I think you would like the method I have of serving eggs, when they are high, as well as when the price is low, as it takes so few—and we like it even better than meat occasionally. It is also prepared very quickly, and is a favorite dish with us.

	Cost.
4 eggs, at 55c dozen.....	\$0.1833
1 T butter.....	.0156
¼ T salt.....	.0001
Dash of red pepper.....	.0001
Parsley out of garden.....	.0000
1 pint milk.....	.0600
Fir fuel, ½ heat, 15 minutes...	.0051

Cost to serve 5 or 6 people..\$0.2486

Or about 4 cents each.

Cut the hard-boiled eggs in slices, season and pour over this cream sauce

made by stirring a tablespoonful of flour into a tablespoonful melted butter till smooth. Add the milk, stirring till right consistency. Then pour over the eggs; garnish with fresh parsley, cut fine, which also greatly adds to the looks.—May S. Hembree, 194 Boundary avenue.

Beauregard Eggs.

	Cost.
5 eggs (fresh).....	\$0.2290
1 T butter.....	.0156
1 T flour.....	.0009
1 c milk.....	.0286
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{8}$ t (or less) pepper.....	.0010

Gas, 10 minutes (top)..... .0019

Cost\$0.2754

Hard boil five eggs, separate whites and yolks. Chop the whites very fine and chop the yolks, keeping them separate. Put 1 tablespoonful butter and 1 tablespoonful flour in a saucepan, mix, and add half pint milk. Stir until boiling. Add half teaspoonful salt and 1 saltspoonful pepper and the whites of eggs. Stir this until it just reaches the boiling point and pour over nicely toasted bread. Put the yolks of the eggs over the top and dust with salt and pepper and serve.

Additional Recipes

Meats

Beef and Veal

Mutton and Lamb

Pork

Beef, Veal, Mutton, Lamb and Pork

Saving Meat.

A Quarter of Beef—

To select good beef
To cut up a quarter properly
To keep beefsteak raw

To make corned beef
To can beef

Half a Hog—

To cut up half a hog properly
How to use each part
To dry-salt and smoke pork
To cure hams in brine
To make sausage

To keep sausage or pork steak raw
To keep sausage or pork steak cooked
To pickle souse
Jellied souse

General Remarks—

Meat prices
How to cook meat

How to choose and care for meat

Beef—

To roast beef
Beef Ragout
Casserole
Boiled with noodles
Pot roast
Beef roll
Beefsteak, to fry, to bake
Cooked with vegetables

Southern style
Hamburger steak
Fried
In loaf
In pudding
Cold boiled
Jellied

Veal—

Roast veal
A roast veal combination recipe
Veal pie
Fricassee

Cutlets
Steak
A stewed veal combination recipe
Veal and rice

Mutton—

To stuff a leg of mutton
Breast of mutton
Sheep's head

Mutton stew
Pot roast
Pie with olives

Lamb—

Casserole
Roast

Breaded
Lamb chops

Pork—

Roast
Meat balls
Salt pork

Mock duck
Ham puff

Left Overs—

Frittadilla
Croquettes

Hash

Meat Substitutes as a Health Necessity.

Saving Meat

(From the editorial page of the Evening Telegram.)

I have often spoken of making a special effort to save meat for our soldiers and their allies, but I want to say a little more about it, as I feel that women as a whole do not understand just the way this matter stands for us in our homes, and I want to tell you how it seems to me. We all know how it is when unexpected company comes in just at meal time, and a quiet word is passed around to the family to "go light on the meat." It is just the same exactly now, only "the family" is the whole big United States. Some of us get confused on the issue before us because it is put in such big terms—like these billions of dollars in loans and appropriations they write of so easily in the papers. The amount is so large it staggers and bewilders us, and it doesn't seem to apply to our little home in the suburbs at all. But it all does apply to us as to all, "we the people of the United States."

Let's put it that these ally friends of ours, who are and have been for years, standing between us and the cruelty and rapacity of Germany are in sore straits—they need our help and our generous self-denial that we may be able to send food to them. Of all the states in the union, the old Oregon Country has always been justly famous for its free-handed hospitality. Suppose a brave band of friends with our own sons among them who had been fighting to defend our property from flames, or our lives from assassins, came to our ranch home, utterly worn out and exhausted by the conflict, and asked us for our meat to give them new strength to fight on and on for us and our interests, just as much as for their own, could we, of the big-hearted, hospitable West, say to them, "No, we are used to eating a certain quantity of meat ourselves each day, and we feel we do not care to give it up. We are sorry you need it, but you can't get it from our self-sacrifice."

"Lives there a man with soul so dead?"—lives there a woman of the big, warm-hearted West, who would not most gladly give all she could to the needs of these, our sons, and brave friends, who are in sore straits for food, nearly exhausted with the years of conflict? Did you ever try to imagine yourself and your family as living in France instead of here. How would we be feeling about these things now if we had happened to have been born there and suffered as these women have? There really is not enough for us all to have plenty;

our government assures us of that. There are just so many animals in the country, "just enough to go round" for our own folks, so we must get along with less than we want if we leave a good share for those who are fighting our battles and enduring all kinds of deprivations and hardships for us. Let us just leave it the way we began. These friends have come in unexpectedly, and are very hungry and worn. Let's pass the word along to all the big family of humanity around us—"Family, go light on meat."—Aunt Prudence.

WHAT TO BE DONE WITH A QUARTER OF BEEF.

Dear Friends: Perhaps some of you may live in the suburbs and keep a pig which you intend to have killed this fall for your winter meat, or perhaps some friend may give you a piece of venison, or a big fish, etc., which is more than you can eat fresh; or perhaps you would like to be really thrifty and prepared for winter war prices, and would like to buy a quarter of beef and cut it up and "put it down" for winter use. If you have a large family it will surely pay you to do this. I know whereof I speak, for I have taken care of many a quarter of beef and the whole of many hogs on an Oregon ranch, as well as from my girlhood up, in the East. These recipes I give have come across the continent and been in our family for two generations. I will copy them, as I have them written, after telling you just how I would proceed from the first.

Preserve a Quarter of Beef.

Select beef which has a clear cherry red color when exposed a few moments, meat marbled throughout with fat which is light straw color. When meat pressed by the finger rises up quickly it is prime, but if the dent disappears slowly or remains it is inferior. Inferior meat is from old or ill-fed animals and has a coarse, skinny, yellow fat and a dark red lean. Ox beef is the sweetest and most juicy and most economical.

You can buy either a fore or hind quarter of beef—or a smaller piece—but it will cost you much more in proportion. The fore quarter is cheaper, as it contains less choice meat, but it is probably as good for the way we will preserve it. For cutting up we need a very sharp, pointed butcher knife and a meat saw. First, lay the fore quarter on a clean table with the inner side up. You will not have the head, so begin by sawing and cutting the meat straight across the ribs, about one-

third of the way down from the backbone. This will come out just about the shoulders, leaving an upper one-third and a lower two-thirds.

Next, cut your lower larger two-thirds across near the middle, just back of the shoulder.

Next cut the inside piece you have just cut off (the piece you have cut off the shoulder) in two parts lengthwise, calling the upper piece (1) the "rib piece," for boiling or corning; the lower piece (2) is the "plate" piece for corning only.

Now cut off crosswise, close to the leg, the "plate" piece attached to that (3) and this is the best piece for corning.

Next saw the leg in two crosswise about the middle; the lower piece (4) is the "shank," good for soups and stews. You can boil this slowly for a long time till it is perfectly tender, and can the stock for soup stock in winter, and the meat for hash, meat balls, beef loaf, etc. The upper shoulder (5) is better meat, and I would cook slowly a long time and can it. (See Cold Pack Canning and recipes below.)

Now we have disposed of the lower two-thirds of our quarter. The upper one-third we have left is the choicest part and contains our roast or beefsteak. Cut your piece in two crosswise (a little more towards the middle of the beef than the exact center). Your piece which would be nearest the middle of the whole beef is your choicest meat (6) and is the rib roast, to be cooked and canned, or can be cut across carefully and put down raw (see recipe) for rib beefsteak.

Now, cutting the last piece in two crosswise, we have (7) the chuck rib roast to be canned, and (8) the neck piece for corning.

I have not space to describe the hind quarter, but it is much the same, in reverse order. Of course, all the choice expensive beefsteak is in the hind quarter, in the part next the back, between the rump and the cut edge. These are called in order, rump steaks, sirloin and porterhouse. The rump (above leg, back end) is best corned. Below it are the round steaks, I would put up raw (see recipe). The leg, stew for soups, and the lower inside pieces use for corning or drying. If you can afford to buy this much meat at once, and have good strong help to cut it up and take care of it, you will make a very great saving in your meat bill and have good wholesome meat always ready-to-hand in winter, ready for any emergency without having to run to the corner meat market. Here are my recipes:

To Can Meat.

Cook any fresh meat till perfectly tender, slowly and a long time, till it falls from the bones. Remove all bones. Pack tightly in a sterilized glass fruit can. You must have seasoned the meat as for the table with salt and pepper, and cooked it down till there is very little juice left. Press the hot meat down tight and fill clear to the neck of the can. Then fill up the neck to overflowing with the boiling juice and seal tight with sterilized top and rubber.—Aunt Mary Newton.

To Keep Raw Beefsteak.

Cut in slices for the table. Remove all bones (or at least all large bones) but put the marrow back in the crock. Season good with salt and pepper on both sides to make ready for the table. Try to sprinkle it evenly all over. Pack very tight in a stone crock to exclude all the air. Then boil up a thick cloth (at least four thicknesses of cheesecloth) in a strong brine and wring out when cool, and put over the steak. Be sure to tuck in all corners to keep the air out. If the cloth gets dry boil it up as before and put back on. It must be damp and cover meat all over.—Aunt Mary Newton.

For Corned Beef or Dried Beef.

Pack the meat in big crock, keg or barrel, cutting it up in convenient pieces to use, and putting what you wish for dried beef on top.

For 100 pounds of beef use 9 pounds of salt, 4 pounds sugar (or 1 quart molasses) and 4 ounces saltpeter, to 6 gallons water. Boil together, skim, and turn over the meat either hot or cold. Keep meat under brine.

In 10 or 12 days take out the pieces you wish to dry, cut them in convenient sizes, put string through one end and hang to dry behind the kitchen stove, being sure the pieces do not touch each other. Turn and dry as hard as you wish. Some smoke meat for drying instead of corning it.—Mother's recipe.

In case you wish to keep much beefsteak for a long time, it is best to use the salt, sugar and saltpeter in the proportions just given (leaving out the water.) Sprinkle the bottom of a large jar with salt. Lay in your steak, sprinkle the mixture over it evenly and proceed to fill, trying to pack down solid in corners and using no water. Put mixture on top, and above it a weighted plate filling in solidly. This will keep 25 to 30 pounds of meat perfectly a long time. Take out as wanted and fry.—Mother's recipe.

Beef Suet.—Before cutting up your quarter of beef, remove all the suet, and add to this any superfluous fat you find in cutting up the meat. Chop or grind this up, and put in a granite kettle on the back of the stove to try out slowly. You can pour off the first fat that accumulates for your best shortening, and then let your scraps get quite brown before you press out the fat from them through the colander with a wooden potato masher. This last fat will do for frying potatoes, etc. Or, suet will keep sweet for some time if immersed in flour.

WHAT TO DO WITH HALF A HOG.

Dear Friends: Today we have half a hog to dispose of for winter. So many letters are coming in from the country that I know this advice will be read by many who already understand it all perfectly, but there are many city people who don't and who need to practice the great economy of putting down their own pork this winter, so I shall write very fully and plainly for their benefit.

When a hog is butchered it should hang a day or two before it is used. Then you will have the head to make into head cheese; the liver to fry at once; the heart and tongue to boil, or to add to your head for head cheese, and the lard to try out. I would try the leaf lard out separately (as described yesterday for suet) and put that away in pails for my best company pies, etc., and then try the lard from the intestines and the extra fat that you cut off in putting down your meat, out by itself for ordinary use. Lard costs about as much as pork, so don't eat more fat with your pork than you wish, but fry it out into lard. It will keep finely if well covered and set in a clean, cool place.

Now you have your half pig before you, on a clean table, inside up, with your sharpened, pointed butcher knife and meat saw at hand.

First, I would cut the half hog in two crosswise near the middle, for convenience in handling. As you expect to cut the meat all up, just the order in which you do so doesn't make much difference, but it would probably be handier to cut the fore quarter in two now but cutting across the ribs, about the middle of the quarter, cutting up over and neatly around the shoulder. If you want more bacon cut higher; if you rather have more pork for sausage, or to fry or boil and put down, cut lower.

Now trim out the meat in front of the shoulder, and below, around to the back, and put this piece in a pan for sausage meat.

Next trim out the shoulder carefully behind, trimming it nice and smooth and putting all scraps in the sausage pan.

Now saw off the feet and put in water to be cleaned for pickled souse, and the shoulder is ready to cure for smoking.

Trim the ham out carefully in the same way, putting all scraps with the sausage, and cut the remaining back piece across crosswise as before. These lower pieces are your bacon and salt pork, and if your hog was large should be cut again in pieces easy to handle. Put the hams, shoulders and bacon now to salt by one of the methods described below (I prefer the dry salt method myself), and continue the process, taking care to follow the recipe exactly, and you will have no trouble. You can easily make a smokehouse. A big drygoods box, made tight except vent, and set up high, with slow fire in old stove below and smoke carried to the box by pipe will do. We used such a contrivance once with good results. Or if you wish you can get your butcher to smoke the hams, shoulders and bacon, after you have them ready pickled for him, for a very reasonable sum. If you do this mark the meat with white twine some way so you will know your own.

We now have all our choice pork steak from along the back waiting to be taken care of. This you can roast and can, or stew and can (by cold pack method.) I would use the poorest part for more sausage; cut the sparerib out and cook it at once for dinner, and then cut your fine tenderloin up in thin slices, as for the table, and pack it down, covered with lard, as per recipe below.

Now you have the sausage to grind (after removing all rind) through the meat grinder and season and pack away (see recipe), the head cheese to make (see recipe) and the souse to clean and pickle (see recipe); and you will find all this meat costs you less than half it would cost to buy it at retail.

To Dry-Salt and Smoke Pork.

Rub coarse salt all over the meat, putting on plenty (too much will not hurt the meat, only waste salt), and pile it up on a shelf or table, or in a box, in a clean, cool, dry place, having

No Other Portland Paper Meets the Home
Demand as Does The Evening Telegram

meat covered with salt. Take the meat out and turn it once in every two or three days, seeing that salt is between every layer when put back. Keep the hams on top, so the weight of the other meat won't crowd them out of shape. Let the meat lay in the dry salt about two weeks, then wipe off clean, put away the salt pork and smoke the rest.

In smoking, use hardwood (sweet apple wood is the best), or cobs, but never any fir wood or any wood that has any pitch in it. Fix a smokehouse and hang the hams over a small fire, burning slowly. Look after your fire about three times a day, as needed, to keep it going all the while, and smoke about 8 or 10 days, depending on how much you like it smoked. (As told by) Mrs. M. A. Gage, Pioneer Farm, Stafford, Or.

To Cure Hams, Etc., in Brine.

A good old way: For every ham take $\frac{1}{2}$ lb. each of salt and brown sugar; $\frac{1}{2}$ oz. each of cayenne pepper, allspice and saltpeter; mix and rub well over the hams, laying them in the barrel they are to be kept in, with the skin side down. Let them remain a week, then make a pickle of water and salt strong enough to bear up an egg, add to it $\frac{1}{2}$ lb. sugar and pour over the hams till they are thoroughly covered. Let them remain four weeks. Take out and hang up to dry at least a week before smoking.

Sweet Pickle for Hams, Etc.

For 100 lbs. meat use the following: 8 lbs. salt, 5 lbs. brown sugar, 2 oz. soda, 1 oz. saltpeter, 4 gallons soft water. Mix all together and put in water, then scald, skimming as necessary, and pour over meat. Leave meat in pickle six weeks.—Mrs. O. C. Atwood, Benton Harbor, Mich.

Pigs' Head Cheese, My Own Recipe.

Have the head split in two. Cut off and throw away the end of the nose, the jaw bone with teeth, and cut out eyes and brain. Cut off ears for convenience in cleaning. Singe the pieces carefully, and then wash and scrape and clean through four or five hot waters till perfectly clean, and put on to boil slowly. A beef tongue or heart added to it makes it nicer, as it is apt to be too fat for many. The pig's feet can also be added, if desired to increase the quantity, or if you wish less, the pig's cheeks (jowls) can be cut off and salted and smoked with the bacon and make very good smoked meat.

Boil slowly and skim as any scum rises, and keep adding water enough to keep it covered. When boiled so that the flesh leaves the bones, take it from the water with a skimmer

into the chopping bowl. Pick over carefully to remove every particle of bone, and either chop the meat coarsely or pick it to shreds with the fingers (I prefer the latter, as it holds together better.)

Add salt and pepper to taste and sage, if desired. Spread a cloth over the colander or steamer, put the meat in after mixing thoroughly, fold the cloth closely over it, lay a weight on it so that it may press the whole surface equally (flatirons or a stone on top of a plate the right size answer nicely.) If the meat is desired lean, use a heavy weight, if fat use a lighter one. When cold, remove and keep in a cold place until eaten. Will keep two or three days.

Or you can pack your hot meat, after seasoning, into sterilized glass cans, pour over it the boiling water it was cooked in and seal, and it will be fine in winter.

To Make Sausage.

For every 12 pounds meat, take 1 teacup salt, $1\frac{1}{2}$ cups pulverized sage, 8 even teaspoonfuls black pepper, 2 tablespoonfuls ginger, mix and sprinkle over meat before grinding. Some add also summer savory. These proportions and seasonings can be varied to taste. Up to a quarter of the bulk of bread crumbs can be added just before cooking if desired to increase quantity.

Some other sausage recipes and proportions—1 lb. salt, $\frac{1}{2}$ pt. sage, $3\frac{1}{2}$ oz. pepper. Mixed and scattered over 40 lbs. of meat before grinding.

My Favorite Recipe.

10 lbs. meat, 4 tablespoonfuls sage, 1 tablespoonful pepper, 4 tablespoonfuls salt.—Mrs. O. C. Atwood, Benton Harbor, Mich.

To Preserve Sausage or Pork Steak.

No. 1.—Pack at once, raw, carefully into stone crocks or jars, filling every crevice full. Then pour boiling lard over the top about an inch thick, and keep in a cool place. Pork steak should have all bones removed and be seasoned with salt and pepper and it will keep, as well as sausage, in this manner, if you add melted lard to cover the top, every time you take any out.

However, after a time for some reason, it may not be keeping so well. Watch it closely, and if you fear it may not keep sweet much longer, take it out and process as follows:

To Preserve Sausage or Pork Steak.

No. 2.—Make your sausage into flattened balls as for the table and fry them about $\frac{3}{4}$ done. Then pack them carefully, and as tight as possible without breaking in your stone

crook, and pour over melted lard to fill all crevices and cover the top. Cover with a plate and set in a cool place, and remove as needed, but you must heat lard up and pour back each time to keep covered with lard as before.

Pickled Souse.

Take off the horny parts of feet and toes, scrape, clean and wash thoroughly, singe off the stray hairs. Place in a kettle with plenty of water, boil, skim, pour off water and add fresh and boil until the bones will pull out easily; do not bone, but pack in a stone jar with pepper and salt sprinkled between each layer; mix some good cider vinegar with the liquor in which they were boiled, using 2-3 vinegar to 1-3 liquor, and fill up the jar. Take out as wanted.

Jellied Souse.

Second way: When the feet have boiled until perfectly tender, remove all the bones and pack tight in a stone jar, pouring liquid as above over to just cover. When wanted for use, it will be jellied and can be sliced down cold.

OUR PRICES.

I have been asked where we get the low prices we use in our work by readers, who really want to know as a help to economical living, and by dealers, who ask in a spirit of criticism. To all I want to say this:

All recipes in our work are priced in accordance with the lowest prices on the Portland public market. In Portland, as in all other cities, there is a wide range in the prices which the people pay for food. This is governed by many considerations, some of which are, first, difference in quality. This applies especially in meats. The high-priced meats you buy in the suburbs are cold storage meats, and the very choicest and tenderest meat; the meat you buy in the market is usually fresh killed by the farmers, and perhaps not quite so choice meat; yet our Oregon-grown meat, fed on the rich pastures of the Willamette valley, ought to equal any meat in the world. Then, again, the fresher meat, which has not had time to "ripen" (or partially decompose) is therefore tougher than the "cured" meat, but it is certainly as wholesome, and is considered by some people to be much more so. A good cook can prepare this meat so that it will be as tender and palatable as the expensive meat, but the inefficient or indolent cook is reduced to the necessity of always using "prepared or cured" meat. Remember one thing when your butcher tells you that cheap meat is inferior meat, not fit

for food, that we have a rigid meat inspection in Portland, and if this cheap meat was unfit for food the rival markets would soon see that the sale of it was stopped.

On the other side, we must consider that all this cheap meat is sold for cash, and most of it is not delivered—you must carry it home yourselves. Here we have two big items, particularly the former. Those who find it so "handy" to order by telephone and run monthly accounts, must remember that there is always a percentage of loss in all business carrying charge accounts, and that in order to meet this, and make a fair profit, all merchants who run charge accounts must charge you more than those who do not; but this is not the real cost of the food—it is the price you pay for having your account carried, like the interest you pay on a loan.

Then the careful handling and displaying and the delivering of all groceries and meats are expensive. What you pay extra for this is paid as you would pay a porter to carry a basket for you; but it is not the real necessary cost of the food. If you really wish to live more economically, now that the prices of all foods are mounting so high, take your market basket and go down to the public market some morning and buy some meat and groceries, and see how they compare in quality and price with what you have been paying. It is surely an important enough matter, so that you should investigate it yourself and not take anyone's word for it.

HOW TO CHOOSE AND CARE FOR MEAT.

In choosing meat it should be firm to the touch and free from the slightest odor. Beef should be a bright red and the fat a rich cream white.

Veal should have a good pink color, and the fat should be white. The calf should never be less than six or eight weeks old. Younger veal is very unwholesome. Veal requires longer cooking than either beef or lamb.

Pork should be selected with the utmost care. Choose meat from a young animal and not too fat. Slow, thorough cooking is essential.

Remove all meat from wrapping as soon as it is delivered. It should be wiped with a clean cloth—not washed—and set in a cool place protected from insects.—Mrs. S. T. R.

How to Cook Meat.

In considering the general subject of cooking meats, authorities say that heat does not alter the chemical constituents of food, but when properly applied aids digestion; though it coagulates and hardens albumin, so

we sometimes say meats are rendered less digestible by cooking. But heat is necessary to remove the danger of poisonous germs, and a slow moist heat softens the fiber of meat making it more easily digested. When meat is boiled at a gallop the connective dissolves, the meat falls from the bones and into strings, but the fiber is not tender. Such boiled meat is leathery and difficult of digestion;

but meat slowly cooked at a temperature of 180 degrees Fahrenheit becomes tender, juicy and easily digested, and also more easily masticated.

Albumin exists in the juices of meat as well as in the blood, and unless the outside of each piece is coagulated ("sealed over") at once, much nourishment is lost, but after searing it, a continued high temperature is a disadvantage.

Beef

Roast Beef.

I want to tell you a way I learned to cook roast beef many years ago, at a cooking school conducted in connection with a farmers' institute in the East, as it made roast beef the favorite meat for my husband and sons.

Buy a rib roast of good size, even if the family is small. A good-sized roast will be so much more juicy in the center, and is always good to warm over, or to eat cold. I do not believe there is any other meat from which we get as much nourishment for the money invested. We can get a good rib roast for 15c per lb., bones and all, or 20 cents per lb. rolled. If you don't care to use the bones for soup the latter is the cheapest way to buy it. I weighed it, to be sure. But I always have mine rolled and bring home the bones for a vegetable soup to precede, and take the place of so much meat.

I know many women cook it as I do, but some don't, so I will risk "carrying coals to Newcastle" in describing my process.

Take a sheetiron dripping pan and put it, clean and with nothing at all in it, over the gas to heat. Light the oven, turning on full heat. See that your roast is tied firmly and is smooth at both ends. When the dripping pan is blue hot set one raw end of the roast on the blue spot and let it sear. As soon as it sears over it will loosen up. Now turn it, and sear the other raw end, and after that any raw strip down the length that may not be covered with the envelope of fat. As soon as it is all seared over put it in the pan and immediately into your hot oven, and let it cook for a few moments there, then reduce the heat just enough so that it does not burn, and yet the oven is hot enough to keep any juice from escaping. Turn it occasionally and let it bake 15 or 20 minutes to the pound, depending on whether you like it rare or well done. Serve on hot platter, garnish and send to the table just as it is. Use no salt,

no pepper, no butter, no flour, no water—absolutely nothing but meat and heat. You will be amazed, if you don't cook it that way now, to find how good it is—how the natural salts and flavor of the meat are all retained, so you can hardly believe it has not been salted. The only trouble in cooking meat this way is that there is no gravy. There should not be a teaspoonful of juice escape if it is cooked right. If you want to pare potatoes and brown them in the pan with it, as my family like, you will need to add a little shortening to the pan to turn the potatoes in. No other way of cooking that I have tried conserves all the juices and goodness of the meat as this does, and so in no other way is the meat rendered so tender and palatable.

Ragout of Beef.

	Cost
6 lbs. boiling beef (at 12½c).....	\$0.7500
½ lb. salt pork (at 20c).....	.1000
1 qt. tomatoes (2 lbs.).....	.1000
3 onions (1 c).....	.0250
½ doz. cloves.....	.0001
1 stick cinnamon.....	.0001
½ doz. whole black peppers.....	.0001
½ c vinegar.....	.0125
1 T salt (or to taste).....	.0008
1 T flour.....	.0009
Wood fire, 4½ hours (½ use).....	.0765

Cost to serve 14 portions ... \$1.0660

Or about 7½ cents each.

Take about six pounds of a boiling piece of beef, or more if there are many bones. Cut gashes in the meat and stuff them with one-half pound fat salt pork, cut into bits. Put into a vessel with a tight cover one quart of tomatoes, two or three onions, cut up, one-half dozen cloves, one stick cinnamon, broken, and a little whole black pepper. Place the meat on the other ingredients and pour over them one-half cupful of vinegar and one cupful water; cover tightly and bake in a moderate oven. Cook slowly four or five hours, and when about half done, salt to taste. When done, take out the meat, strain the gravy through a colander and thicken with flour.—Mrs. F. N. Chapel.

Casserole of Beef.

	Cost.
3 lbs. plate boiling beef, at 16c per lb.	\$0.4800
1 lb. carrots, cut in small cubes	.0300
3 onions (1 c)	.0250
2 lbs. potatoes (6 good-sized) ..	.0416
½ lb. small white turnips	.0215
1 T salt	.0008
¼ t paprika.....	.0031
1 t parsley, finely chopped (garden)	.0000
3 T flour	.0027
Electricity, 2 hours, at \$0.0013 ..	.0026

Makes about 5 qts. at a cost

of\$0.5983

Or 12c per quart, or 3c per cupful.

Meat with a small piece of suet should be selected. Try out to make sufficient grease to brown ingredients. Cut meat in medium-sized cubes, carrots, onions and turnips in thick rounds. Care should be taken that ingredients do not burn, but they should have a rich brown surface, for this is the secret of the gravy. All ingredients to be browned should be first rolled in the flour. Put everything into tightly covered casserole, placing potatoes on top, as they may break up if underneath. Water to cover all but the potatoes should be added last thing. Fifteen minutes before serving time add balance of flour, stirred to a thin paste with a little cold water. Cook very slowly.

In both these dishes I have included current for the full time of cooking but my oven is something like a fireless cooker, and the actual current consumed in each case should not be more than ¾ of the time I have given. I do not know if all electric ovens are like mine, so did not make this allowance.—Mrs. A. H. Pope, 1285 East Twentieth street, South.

Boiled Beef With Noodles.

	Cost.
2 lbs. beef brisket	\$0.2000
1 large onion (½ c)	.0125
1 T salt	.0008
½ t pepper	.0042
2 eggs (cooking).....	.0800
1 c flour	.0145
Gas, to boil, 2½ hours.....	.0285

Cost of beef and noodles...\$0.3405

For six people, or 5 2-3 cents each.

Put the meat on to boil in two quarts of water. When it has boiled one hour put in the onion, salt and pepper. Ten minutes before serving take out the meat and put in the noodles. I always make my own, as they are so much nicer and more nutritious than the boughten ones.

Make noodles as follows: Beat two eggs light, add ¼ t salt, stir into 1 c flour to form a stiff dough roll out in a very thin sheet, dredge with flour to keep from sticking, leave on the board to dry. Then cut with a sharp knife into long strips about 1½ inches wide, then cut crosswise of the strips

(very fine), serve with the meat. This is enough for six people, and the liquor makes nice gravy for potatoes.—Mrs. G. Spencer.

A True Pot Roast.

	Cost.
4 pounds rump roast beef, at 12½c	\$0.5000
1-3 lb. of beef suet, 15c lb.	.0500
½ c whole wheat flour	.0073
1 large onion, ¼ c	.0125
1 T salt	.0008
½ t pepper.....	.0042
1 dozen cloves	.0002
Gas, hot, 1 hour	.0114
Simmer, 3 hours.....	.0120

Twelve portions cost\$0.5984
Or 5 cents each.

Use an iron kettle or a granite one that you do not mind browning. Put the suet in and allow it to fry out, then put in the flour, stir and let brown. Then put in your roast and let all sides become very brown, but be careful it does not burn. Now slice in the onion and throw in the cloves, salt and pepper. Cover with two quarts of boiling water, close the kettle tight, let bubble, not boil, for 30 minutes, then set back to simmer three hours. If gravy boils away fill up with boiling water. When finished there should be one quart of gravy. Thicken this with half cup of flour stirred smooth in half cup cold water. This is sufficient to serve six people two meals. I do not like too small a roast, as it dries out too much, so I take the cold meat the following day and make croquettes.

Beef Roll With Tomato Sauce.

	Cost
1 lb. beef, round	\$0.1500
1 c bread crumbs	.0150
1 t salt	.0003
¼ t pepper	.0021
1 egg, cooking	.0400
1 t onion juice	.0005
Gas, to bake, 45 minutes.....	.0225

For six persons\$0.2299

Put the beef through meat chopper, add the bread crumbs, salt, pepper and onion juice, beat the egg, mix all together and form into a roll about 3 inches in diameter and eight inches long. Wrap this in a piece of oiled paper, put in a baking pan, add ½ cup of cold water, and bake slowly 45 minutes. Baste over the paper once or twice. Remove the paper and serve with tomato sauce, made as follows:

	Cost.
2 lbs. tomatoes, 5c lb.	\$0.1000
1 T flour	.0009
2 T butter.....	.0312
1 T onion juice (1 onion)	.0125
½ t salt	.0002
½ t pepper	.0010
¼ t cloves	.0010
Tomato sauce costs	.1525
To cook beef loaf costs	.2299

Serves 6 people for\$0.3824
Or 6 cents each.

Peel the tomatoes and stew with the cloves 10 minutes; heat the butter in skillet and stir in the flour; when smooth and brown add to the tomatoes with salt and pepper and cook 10 minutes longer, put through strainer, add onion juice, pour around the meat loaf and serve hot.—Mrs. G. Spencer, 1260 East Davis street, city.

Meat Balls.

	Cost.
1½ lbs. hamburger, ½ lb. pork sausage, 2 lbs.....	\$0.2500
1 c stale bread crumbs.....	.0100
1 egg, 50c doz.....	.0416
2 T onion, cut fine.....	.0032
1 t salt.....	.0003
½ t pepper.....	.0010
¾ t paprika.....	.0015
Following is recipe for the mixture in which the meat balls are to be cooked:	
4 c stewed tomato.....	\$0.1063
3 c vegetables (1½ lbs.) cut in inch cubes.....	.0525
(onion, carrot, turnips, celery, potato, green pepper)	
1 t salt.....	.0003
½ t pepper.....	.0010
¾ t paprika.....	.0015
Few grains cayenne.....	.0003
Gas, turned low, 1½ hours....	\$.105

Makes 8 meat balls, and 1½ qts. stew\$0.4803

Serves 8 average portions of
1 meat ball and ¼ c stew at
6c per portion 0600

Mix the meat, bread crumbs, egg, onion, salt, pepper and paprika very thoroughly. Divide and shape into 8 balls (size of an orange). Strain the tomato, add salt, pepper, paprika, cayenne and the vegetables. Use a large kettle so that the meat balls will not be crowded and break. Place them in the kettle. Pour over the tomato with vegetables. Set the kettle on a mat to keep from burning. Cook gently over low heat 1½ hours, adding boiling water as needed to keep the same amount of liquid. The fat in the pork takes the place of butter for seasoning. The rich red color given to the tomato by the paprika makes a tempting dish when garnished with fresh green parsley.—Mrs. W. E. Metzger, 929 Pacific street, Portland, Or.

Minced Collops.

	Cost.
1½ lbs. beef shank, 10c lb.....	\$0.1500
1 lb. dry onions, 3 lbs. 10c.....	.3333
1 t salt.....	.0003
½ t pepper.....	.0042
Gas to cook 2¼ hrs.....	.0105

1 qt. collops cost.....\$0.1983
1 cupful cost 5c.

Cut the meat into small pieces, also onions which have been peeled, and put all through the meat chopper. Put meat in 1 quart of cold water and let come to boiling point, then simmer 1 hour; add onions, salt, pepper; boil slowly 1 hour longer, adding water to make a quart when done. This is a cheap and very tasty dish and much liked by many to whom I have given the recipe.—Mrs. George Spencer.

Round Steak Roast.

Mrs. Roberts says: Here are a few recipes for next week: I sincerely hope you will make up a cook book of all the nice recipes you are getting together.

	Cost.
1 medium round steak	\$0.3000
1 T fat	.0094
1 pint water	.0000
2 t salt	.0006
¼ t pepper	.0021
3 large onions, (1 c)	.0250
3 potatoes (¾ lb.)	.0150
3 sweet green peppers (1 lb.) ..	.1000
2 T flour	.0018
2 T butter	.0315
1 hour to bake in gas oven	.0255

Cost\$0.5106

Sear steak in a tablespoonful fat, sprinkle with salt, roll in flour and put in a roaster. Cover with thick slices of potatoes, 3 onions sliced and three green sweet peppers cut in strips. Sprinkle all with salt, pepper and flour, dot with pieces of butter. Add the pint of water and bake one hour in a covered roaster. Thicken the gravy, serve with roast.

To Cook Beefsteak.

With a sharp knife remove fat and all stringy substances which prevent the steak from lying flat while cooking. Pound steak with smooth wooden mallet, or its equivalent, crosswise the grain. Have a hot fire with plenty of coals. Put enough suet in an iron spider to grease it well, adding more as necessity requires. When the spider is real hot, put in one or two pieces, according to your heat (do not cook enough at one time to cool the spider), count ten and turn, lifting with a knife and fork, repeating until cooked to suit the taste, rare or well done, lift from the spider carefully, placing on hot platter, turn on hot suet, salt and butter, which will make a rich gravy. Serve on hot plates. The secret of a good steak is not to let the juice get started with cooking. Never put on salt until the steak is cooked. (Venison may be cooked the same way.)—Mary E. Heston.

Phone Your Want Ads to The Telegram—
Broadway 200, A 6701

Spanish Steak.

Mrs. Sibley says: So many friends have asked for my Spanish steak recipe that I have decided to send it to you, so that everyone may be able to try it. It is very good and economical.

	Cost.
2 lbs. round steak	\$.03000
1 pint canned tomatoes	.1000
4 onions (½ c)	.0375
4 T drippings	.0376
½ t pepper	.0010
½ t paprika	.0016
½ t cayenne	.0001
1 t salt	.0003
8 T flour	.0064
Fuel, 3 hours (½ use)	.0510

Total\$0.5355

Cut out bones and trim, using these for stock kettle. Sprinkle meat well with salt, pepper and flour, pounding into steak with edge of a saucer. Treat other side the same and cut into pieces for serving.

Fry sliced onions in 2 T of drippings, in iron skillet, until brown, then remove from skillet. Add other 2 T of drippings and fry meat on both sides until brown. Add boiling water to near cover, put on tight cover and simmer for about two hours, replenishing water and turning as necessary. At the end of two hours add tomatoes and onions, paprika and a little cayenne and cook until meat is very tender and sauce a dark brown. Serve in the sauce. If a hot dish is liked add more cayenne. This can be cooked in casserole after browning the meat in skillet if desired. Try this once and you will cook it often.—Mrs. P. B. Sibley, 566 East Forty-second street, North, city

Flank Steak.

Entered for first prize?

	Cost.
1½ lbs. flank steak at 12½c ..	\$.01900
1 t butter or oil	.0156
1 T onion	.0125
1 t pepper	.0021
¼ t salt	.0003
1 cup tomatoes	.0267
Wood fuel, ½ time, 1 hour	.0170

Cost of steak\$0.2642

Place steak in pan with 1 tablespoonful fat. Mix other ingredients and spread on steak. Bake slowly one hour.—Mrs. J. B. McC., 78 East Buffalo street, city

Smothered Steak

I am sending two recipes for the preparation of round steak, which are entered for first prize.

	Cost.
2 lbs. round steak	\$.03000
1 cup of onions	.0250
1 cup of carrots	.0150
1 t salt	.0003
¼ t pepper	.0021
Wood fuel (½ time) 2 hours ..	.0340

Cost to serve 6 persons\$0.3764

Or about 6 cents each.

Remove fat from the bone and the steak and try out in oven, rejecting cracklings left. Season meat well on both sides with salt and pepper. Have skillet and fat very hot and brown the meat quickly. Then cover the steak with the onions put through the food chopper and cover these with the carrots also ground, and season lightly with salt and pepper. Put in enough water to nearly cover and put a close-fitting lid on the skillet. Bake an hour and a half in not too hot an oven. This is a favorite recipe with us, and may be varied by adding a can of tomatoes and less water, but we generally prefer it as given. It is ample for six large portions and is very filling. It is always best to have a good thick steak and use only a part in the above manner, reserving a portion for the next day for stews, meat cakes, etc., if one doesn't wish to use more than the amount given at a meal.—Mrs. A. L. Adams.

Steak in Corn Flakes

	Cost.
1 lb. round steak	\$.01500
1 cooking egg	.0400
1 t salt	.0003
¼ t pepper	.0021
Drippings for frying	.0094
Corn flakes to crumb meat with	.0015
Wood fuel ½ time for ½ hr. ..	.0085

Cost of steak\$0.2118

Crisp corn flakes in the oven and crush. Cut the steak into the desired sizes, salt and pepper to taste, dip in the beaten egg and then in the corn flakes. Have drippings or frying fat, etc., quite hot and fry steak until a nice brown, taking care not to burn, as it is very easy to do that with corn flakes. I usually fry both sides a golden brown and put it back to finish cooking on the back of the stove. The corn flakes impart a delicious flavor not to be obtained in any other way. I often substitute them in meat loaf, meat patties, croquettes and scalloped foods for cracker or bread crumbs and find it a welcome change. Mrs. A. L. Adams, 1630 Virginia street, city.

Good Round Steak.

1½ lbs. round steak	\$.02250
1 t salt	.0003
1 R T flour	.0018
2 small onions (½ c)	.0125
2 small carrots (½ c)	.0150
Gas, medium, 10 minutes	.0019
Simmering, ¾ hour	.0030

Cost for 4 people\$0.2595

Or 6½ cents each.

Put scraps of fat from round steak in a saucepan and let get hot; pound

steak well and rub with flour; drop in hot fat and brown quickly; add onions and carrots cut small, and brown with meat; add salt and one cup boiling water; simmer three-quarters of an hour and serve.—Mrs. A. Matthew, 1029 Clackamas street, Portland, Or.

Round Steak Southern Style.

	Cost.
2 lbs. round steak 1 in. thick..	\$0.3000
3 R T flour	.0027
1 R T fat	.0094
1 t salt	.0003
¼ t pepper	.0021
1 pint hot water	.0000
Gas, 15 min. med., 1 hr. simmering	.0069

Six portions cost\$0.3214

Or 5 1-3 cents each.

Sift flour over steak and pound with wooden mallet until it has absorbed all the flour. Heat fat in an iron skillet. Put in steak and brown well on both sides, season, then add one-half pint hot water, cover and simmer until tender. Add water as necessary. When ready place steak on hot platter, if not enough gravy is left in the pan, add more water and thicken with flour and pour this around the steak.—Mrs. G. A. Roney, 287 Eugene street, Portland.

Stevens Steak.

	Cost.
2 lbs. Hamburger, at 15c	\$0.3000
1 cup bread crumbs	.0150
½ cup milk	.0134
1 t salt	.0003
1 T worcestershire sauce	.0125
2 T butter	.0312
1 T flour	.0009
Wood fuel, ½ use, ½ hour....	.0085

Serve 6 persons for\$0.3818

Mix hamburger and salt, shape in long oval, saute in hot pan both sides. Remove to hot platter and pour following sauce on. Blend 2 teaspoonfuls butter, 1 t flour, ½ cup milk. Last add worcestershire sauce. Accompanying this can be served 1 green pepper cut in strips and fried or 1 dozen glazed silverskin onions at small additional cost.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

Salisbury Steak.

	Cost.
1 lb. hamburger steak	\$0.1500
¼ lb. suet for frying (12½c lb.) ..	.0312
1 T lard	.0094
1 c milk or more	.0268
1 c water	.0000
1 t salt	.0003
¼ t pepper	.0021
2 T flour	.0018
Gas 20 minutes	.0038

Cost for 4 persons\$0.2254

Heat the skillet, add the suet, then put in the hamburger steak loose, breaking it up into bits as it fries, so that it will cook in little brown

pebbles. Then pour in the milk or milk and water to make two cups. Salt and pepper, thicken with the flour, stirred smooth with a little cold water. Let it boil a minute, and as the originator of this recipe (which I clipped from The Telegram years ago) says, "you will have a dinner with boiled spuds on the side that will send you to bed with a happy, satisfied stomach."—Mrs. Lulu M. Welch, 1351 East Lincoln street, city.

Hamburger Patties.

	Cost.
1 lb. hamburger	\$0.1500
1 egg (60c doz.)	.0500
½ c bread crumbs	.0075
½ c warm water	.0000
¼ c flour	.0036
2 T drippings	.0188
2 t salt	.0002
1-16 t pepper	.0005
Gas to fry 20 minutes	.0038

Cost\$0.2344

Mix warm water in hamburger, then the egg, well beaten, next salt and pepper, then bread crumbs and flour. Have an iron skillet very hot and well greased. Fry until nicely browned and serve hot.—Mrs. N. F. C., Milwaukie, Or.

Glorified Hamburger Steak.

	Cost.
1 lb. hamburger	\$0.1800
1 cup chopped celery	.0143
1 c bread crumbs	.0150
2 T melted butter	.0312
1 T chopped parsley	.0042
1 T scraped onion	.0016
1 t salt	.0003
½ t pepper (pinch red pepper) ..	.0021
6 medium-sized onions, 1 lb. ..	.0500
3 small carrots, ¾ lb.	.0200
1 T flour	.0120
Gas to simmer, 3¼ hours	.0147

2 pounds loaf and 1 quart vegetables, etc., cost.....\$0.3454

Put the steak in a basin, add the celery, the bread crumbs, butter, parsley, scraped onion and seasoning. Mix and form this into an oval loaf and place it in a casserole or baking dish. Slice the carrots lengthwise in slender pieces, place these with the onions in the pot around the meat, pour one quart of boiling water around the loaf, have the cover tight and let simmer 3 hours and 15 minutes. Before serving remove cover and brown in oven. When ready to serve lift the loaf to a hot platter, arrange the vegetables around it, thicken the gravy with one tablespoonful flour, mix smooth in 2 tablespoonfuls of water and pour over the meat. There should be one quart of vegetables and gravy with two pounds of beef loaf.—Mrs. George Spencer.

Meat Loaf.

This recipe is splendid to eliminate the waste of bread, so much desired in these times, and to conserve meat.

	Cost.
2 lbs. hamburger steak @ 15c.	\$0.3000
1 c milk.....	.0268
1 egg	.0400
1 chopped onion (½ c).....	.0125
1 c bread crumbs.....	.0150
1 t sage.....	.0083
2 t salt.....	.0006
¼ t pepper.....	.0021
Bake with wood fire (½ use)..	.0250

Cost for loaf.....\$0.4303

Mix ingredients all together evenly into a loaf and bake in a long tin 1½ hours.—Amy B. Westbrook, 1540 Salem avenue, Albany, Or.

Spanish Hamburger.

	Cost.
Round steak, ground.....	\$0.1500
1 c bread crumbs.....	.0150
1 small green pepper, chopped	.0250
1 c tomatoes, minced.....	.0267
1 c milk.....	.0268
¼ t chill powder.....	.0021
1 t salt.....	.0003
Gas 30 minutes.....	.0127

Cost for 4 persons.....\$0.2586
Or 6½ cents each.

Mix ingredients and form into a loaf. Put in greased pan and bake 30 minutes. Sauce left in pan may be thickened with catsup and poured over loaf before serving.—H. C. Larsen, 712 Washington street.

Beefsteak Pudding Boiled.

	Cost.
1½ lbs. shoulder steak.....	\$0.1800
2 c flour.....	.0290
1 c finely minced suet.....	.0625
2 medium sized carrots (2-3 c)	.0200
1 T salt.....	.0008
½ t pepper.....	.0042
¼ t soda.....	.0002
Wood fire, 3½ hours (½ use)	.0595

Cost of pudding for 4.....\$0.3562
Or about 9 cents each.

Cut steak into 3x2-Inch pieces. Grind or chop suet very fine. Mix with flour, 1 teaspoonful salt and ¼ teaspoonful soda. Make flour and suet into a stiff paste, using as little water as can be easily handled.

Roll paste to ¾ of an inch thick and to an even measurement all around. Place the steak and carrots

peppered and salted in center. Moisten the edges of paste and draw together, pinching firmly so as to be watertight, dip the pudding cloth in boiling water, spread out and sprinkle lightly with flour.

Lift the dumpling on to the cloth, gather the cloth together and tie tightly, but leave a very little looseness for the dumpling to swell. Place in a pot of boiling water sufficient to cover dumplings. An old plate should be in pot below pudding. Boil steadily for three or four hours, adding more boiling water as it evaporates.—E. G. Woodham, Route 1, Milwaukie, Or.

Cold Boiled Brisket.

3 lbs. brisket at 12½c.....	\$0.3800
½ c vinegar.....	.0125
1 T olive (or Wesson's oil)....	.0057
1 T onion (½ c).....	.0125
1 t salt.....	.0003
1 bay leaf.....	.0001
Parsley from garden.....	.0000
6 pepper corns.....	.0010
Wood fuel, ½ use, 2½ hours..	.0425

Serve 6 persons for.....\$0.4546
Or 7½ cents each.

Marinate beef in vinegar, oil, onion, parsley, salt, pepper and bay leaf over night. Cook in same liquid, then place under weight and let get cold. Liquid may be boiled down and used. A half cupful of pickles chopped may be added if desired.—Mrs. J. B. McC.

Jellied Beef or Veal.

	Cost.
1 pint cold beef or veal, about.	\$0.1000
1 T gelatin.....	.0300
½ c chopped tomato.....	.0134
1 T grated onion.....	.0016
1 t salt.....	.0003
¼ t pepper.....	.0021
½ pint boiling water.....	.0000

Cost\$0.1474

Put meat through the food chopper, soak the gelatin for half an hour in half cupful of cold water, mix the meat with gelatin and water and heat until dissolved. Add vegetables and seasoning, then boiling water, and turn into a square mold and set away to harden. Serve cold, cut in slices. I send this, as it is economical and a good way to use left-over meat.—Mrs. G. Spencer, 1260 East Davis street.

Veal

FIRST PRIZE RECIPE.

Roast Veal.

	Cost.
3 lbs. rump of veal.....	\$0.6600
2 lbs. potatoes (6 good sized ones)	.0430
1 lb. carrots, cut in half length-wise	.0300
½ lb. small onions.....	.0167
3 oz. oil or fat.....	.0339
3 T flour.....	.0027
1 t pepper.....	.0010
3 t salt (1 T).....	.0008
Electricity, 1¼ hours.....	.0015

Cost\$0.7866

Salt, pepper and dredge roast well with flour. Put fat or oil in covered roaster and lay in roast. Place in hot oven for five or six minutes, then pour in pint of hot water. In 15 or 20 minutes 1 pint more hot water. Twenty-five minutes before removing from oven put in vegetables around roast; salt and pepper, add little more hot water. Now reduce heat and cook more slowly. After removing roast and vegetables from pan, thicken gravy with little flour mixed with water. A complete dinner. One pan, one fire. Will serve a family of four or five adults for 79 cents, or a little less than 16 cents each.—Eulalee Tyrel Fisher, 630 Tillamook street.

A COMBINATION RECIPE.

Roast of Veal.

	Cost.
5 lbs. veal, at 15c.....	\$0.7500
1 T salt.....	.0008
½ t pepper.....	.0042
1 T butter.....	.0156
2 T flour.....	.0018
Wood heat, 1 hour 40 minutes (½ use)	.0280

Cost of first cooking.....\$0.8004

Casserole of Veal.

	Cost.
Left-over veal	\$0.0000
½ T onion.....	.0125
3 potatoes (¾ lb., 2c lb.).....	.0150
½ c tomatoes.....	.0168
1 T butter.....	.0156
1 T flour.....	.0009
1 t salt.....	.0003
½ t pepper.....	.0010
1 T butter.....	.0156
½ c bread crumbs.....	.0075
Wood heat, ½ hour (½ use)...	.0085
Added cost beside left-over for five people	\$0.2062
Or 4 cents each.	

Peppers Stuffed with Veal.

	Cost.
Left-over veal	\$0.0000
1 c stale bread.....	.0075
1 onion (½ c).....	.0125
1 t salt.....	.0003
½ t pepper.....	.0010
1 t sage.....	.0083
½ t celery seed.....	.0042
½ t paprika.....	.0063
1 T butter.....	.0156

1 egg	.0400
6 large green peppers (2 lbs.)	.2500
½ c cracker crumbs.....	.0750
1 t butter for casserole.....	.0032
Wood fuel, ¾ hour (½ use)...	.0138

Cost for six people.....\$0.4377

Or 7 1-3 cents each.

Soup.

	Cost.
Veal scraps and bones.....	\$0.0000
1 c tomatoes.....	.0336
Celery tops, parsley from garden, etc.	.0000
½ c barley.....	.1428
2 t salt.....	.0006
¼ t pepper.....	.0021
Cooked on stove while above meats were cooking, fuel...	.0000

Soup for five people costs...\$0.1791

Or 3 3-5 cents each.

First cost of cooking veal....	\$0.8004
Casserole of veal.....	.2062
Peppers with veal.....	.4377
Soup for left-overs.....	.1791

11 portions of meat, etc., 5 of soup for 16 for.....\$0.16234
Or about 10 cents each.

(This is certainly a very remarkable combination of recipes, in that every particle of meat and bone is used. The particular point of excellence is the variety in serving the veal, so that it seems fresh and palatable each day. The only objection is that Mr. Hoover does not want us to eat veal. Could not this be made as well with a good roasting piece of beef?)

How to serve five people three dinners and one soup with a five-pound roast of veal. Use rump or leg roast. Rub with salt, pepper and small piece of butter. Dredge with two tablespoonfuls flour, put in roasting pan with one pint water. Watch carefully until brown. Then add one quart boiling water and cook until done. The result will be a nicely browned, juicy roast with plenty of good gravy. We serve five grown people one liberal helping each. Put remnants in covered dish and keep in cool place.

Next day cut meat from bones and divide in two equal parts. Put bones, skin and bits of gristle in a kettle of water on back of stove to simmer, use one part of the left-over meat, diced, and 1 onion and 3 potatoes, cut in cubes. Any left-over tomatoes cooked or raw will add to the flavor. Butter the casserole and alternate the ingredients with a slight dredging of flour, salt, pepper and bits of butter. Almost cover with water, put bread crumbs on top and bake till gravy is thick and serve.

Third day break enough stale bread in water or milk to make one large cup. Put meat, 1 onion and any leftover hash through meat grinder, season with salt, pepper, sage, celery seed and paprika, 1 tablespoonful melted butter and 1 egg. Stuff green peppers with this mixture, cover each one with cracker crumbs and bake in buttered casserole till done, then remove lid and brown. This amount will stuff six good-sized peppers.

Strain the soup stock you had simmering and add any vegetables on hand and $\frac{1}{2}$ c barley. One cupful of tomatoes is indispensable to make this a very delicious soup. If there is no immediate use for the soup it may be canned while boiling hot and put up for winter use.—Mrs. Hugh Latimer, 768 Johnson street.

Note.—In regard to Mrs. Hugh Latimer's recipe for the veal cooked in so many different ways from the same roast, that we found so commendable except that Mr. Hoover does not want us to use veal at all, Mrs. Latimer writes:

"You are quite right. Beef may be used instead of veal, and when peppers are gone the same filling may be made into croquettes, rolled in eggs and cracker crumbs and fried in deep fat."

Roast Veal With Dressing.

Mrs. Anthony says: Being a steady reader of The Telegram, I have found some very good recipes on the woman's page. I inclose one for roast veal, hoping some of the readers will like to try my recipe.

	Cost.
4 pounds veal, at 15c lb.....	\$.6000
1 T salt for washing.....	.0080
1 loaf stale bread.....	.0400
2 onions chopped fine, 2-3 c....	.0167
1 egg.....	.0500
$\frac{1}{2}$ t sage.....	.0043
2 t salt.....	.0005
$\frac{1}{4}$ t pepper.....	.0021
Parsley from garden.....	.0000
2 T flour.....	.0018
1 T Crisco.....	.0082
Wood, 2 hours, $\frac{1}{2}$ use.....	.0340

Cost to serve four people....\$.7656
Or 19 cents each.

Wash veal in salted water. Put in pan with Crisco and a little water to baste. Dust over with flour, salt and pepper. Add a few sprigs of parsley to flavor. Roast about two hours slowly.

Dressing for veal. Add enough water to bread to moisten, also 1 egg beaten in very light, 2 minced onions, $\frac{1}{2}$ teaspoonful sage and salt and pepper to taste. Mix well together and add when roast is half done. This will serve about four at a cost of about 19 cents each.—Mrs. T. Anthony, 588 Pettygrove.

Mock Turkey.

	Cost.
4 or 5 lbs. veal, loin or leg, at 15c lb.....	\$.7500
$\frac{1}{2}$ lb. bacon.....	.1100
1 t salt.....	.0003
$\frac{1}{8}$ t pepper.....	.0010
1 lemon.....	.0200
1 t sage.....	.0083
1 quart water.....	.0000
3 onions (1 c).....	.0250
1 c milk, for gravy.....	.0268
1 T flour.....	.0009
Gas for 2 hours.....	.0228

Cost\$.9651
Rub meat on all sides with salt and pepper and a very little sugar. Pour over the juice of 1 lemon, dredge well with flour, cover with the sliced onions, put strips of bacon on top and add the water. Don't let it get dry, keep adding hot water, so as to have a cup or so remaining. When finished cooking, make a plain bread dressing seasoned with onion, sage, salt and pepper to taste. Put in baking dish. Set in pan with roast the last half hour, and baste with gravy. When your roast has cooked about two hours it should be tender. Add 1 cup of milk to gravy and thicken.—Mrs. W. S. Roberts, 1310 Clay street.

Mock Duck (Veal).

	Cost.
1 flank steak (2 $\frac{1}{2}$ lbs. at 15c).....	\$.3750
1 onion ($\frac{1}{2}$ c).....	.0125
1 carrot ($\frac{1}{2}$ c).....	.0075
2 t salt.....	.0006
$\frac{1}{4}$ t pepper.....	.0021
1 t butter.....	.0032
1 T flour.....	.0009
2 c bread crumbs.....	.0300
Gas to cook 2 hours.....	.0228

Cost\$.4546
Slash steak on both sides, spread with dressing made of 2 cups bread crumbs, seasoned with salt, pepper, onion and 1 teaspoonful of melted butter, roll and tie, sprinkle with salt and pepper. Dredge with flour. Lay upon the sliced onion and cubes of suet on top. Pour stock or water into pan, cover tightly and cook slowly in the oven or on top of stove two hours.—Mrs. W. S. Roberts, 1310 Clay street.

Veal Pie (Imitation Chicken).

	Cost.
2 lbs. veal, neck or rump, 10c.....	\$.2000
$\frac{1}{4}$ t pepper.....	.0021
2 t salt.....	.0005
1 T flour.....	.0009
Baking powder biscuits.....	.1100
Gas.....	.0228

Serves 8 persons for.....\$.3363
Or about 4 cents each.
Cut meat in 2-inch pieces, put bones and meat in skillet, cover with water, pepper and salt lightly; cook till tender, remove bones and thicken gravy, remove to a baking dish, place baking powder biscuit on the meat and gravy and bake till biscuit are done; re-

move part of the gravy before baking if the dish would be too full.—Mrs. Lulu M. Welch, 1351 East Lincoln street.

Veal Fricassee (French Style).

	Cost.
2 lbs. veal round steak, at 15c.	\$.3000
1 can mushrooms.....	.3500
3 eggs (for fricassee and dumplings)	.1200
$\frac{1}{2}$ cup cream.....	.1000
1 T butter.....	.0156
1 T flour for thickening.....	.0009
1 c flour for dumplings.....	.0145
1 t baking powder.....	.0021
1 scant T salt for meat.....	.0008
$\frac{1}{2}$ t salt for dumplings.....	.0001
Parsley from garden.....	.0000
Gas, $\frac{1}{2}$ hour medium, 1 hour simmering	.0097

Serves six persons.....\$.9137
Or 15 cents each.

Stew veal slowly as for ordinary fricassee until tender, adding seasoning when half done; strain off juice, put over heat again and thicken with the butter and flour creamed together, add cream and turn in the mushrooms and beaten yolks of eggs just long enough to heat mushrooms through. Do not allow to boil after eggs and mushrooms have been added. Add the meat and pour all over dumplings, which have been steamed over the meat 20 minutes. Garnish platter with parsley and serve.

To make the dumplings: Sift flour, baking powder and salt together, add 1 egg beaten and mix to stiff batter with cold water or half milk and half water. Drop on bottom of greased steamer and cook, having cloth laid beneath the steamer lid to absorb moisture.—Mrs. E. F. Pernot.

Veal Cutlets in Sauce.

	Cost.
$\frac{1}{2}$ lbs. veal loin cutlets, at 15c.	\$.2300
1 c fine bread crumbs.....	.0150
2 eggs	.0900
2 T drippings.....	.0200
Sauce—	
2 T drippings.....	.0200
$\frac{1}{4}$ c flour.....	.0036
2 c stock from bones and trimmings of chops.....	.0000
1 T (scant) Worcestershire sauce	.0125
$\frac{1}{2}$ T salt.....	.0002
$\frac{1}{2}$ t pepper.....	.0100
2 T chopped parsley (from garden)	.0000
Gas, 1 hour, simmering.....	.0040
5 minutes medium.....	.0010

Serves 6 persons for.....\$.0463
Or 6 2-3 cents each.

Method—Trim chops, putting bones and trimmings in saucepan with cold water to cover well, and let simmer for sauce; if chops are large cut into pieces for serving; season the meat with salt and pepper, roll in the bread crumbs, dip in beaten egg, then in crumbs again; melt 2 T drippings in skillet and brown the chops in the

hot fat; place in a double boiler, pour over the following sauce and let simmer till tender:

Sauce—Melt 2 T drippings in frying pan, add the flour, let brown slightly, stirring continuously, then slowly add the stock, stirring until it thickens slightly; add seasonings and parsley, pour over chops in double boiler and serve. This is delicious.—Mrs. E. F. Pernot, 526 East Twenty-first street North.

Veal Cutlets.

	Cost.
2 lbs. veal steak, 18c.....	\$.3600
$\frac{1}{2}$ cup bread crumbs.....	.0150
1 egg	.0400
$\frac{1}{2}$ cup lard for frying.....	.0750
1 T butter.....	.0156
$\frac{1}{2}$ t onion juice (1 T onion)....	.0016
$\frac{1}{4}$ t pepper.....	.0021
1 t salt.....	.0003
1 t flour.....	.0009
1 t horseradish (10c per c)....	.0021
Fuel, $\frac{1}{2}$ hour, $\frac{1}{2}$ time.....	.0085

Cost to serve five people....\$.5211
Or 10½ cents each.

Cut meat as for stewing, simmer until tender, drain, season, roll in crumbs, beaten egg and crumbs again and fry in fat. Serve with the following sauce: Stir flour and butter until blended, gradually add stock left from simmering meat reduced to 1 cup; add onion juice and 1 teaspoonful horseradish.—Mrs. J. B. McCreary, 78 East Buffalo street.

Veal Steak.

Mrs. Parks says: I send today my best recipe for cooking veal and pork. I have used them for years, and it is worth others' while to give them a trial. Take veal steak and cut in nice pieces, heat one egg and add little milk and salt and pepper; dip veal in egg and roll in fine cracker crumbs; have a heavy skillet, with lard, quite hot; brown one side and turn over and brown the other well; then have boiling water and fill skillet with the water; cover and cook almost an hour, putting in more water if needed; let all the water boil out, then add a tablespoonful of flour, milk and some water for gravy, with salt and pepper.—Mrs. M. Parks, 533 East Thirty-seventh street.

Veal Steak or Birds.

About 2½ lbs. veal cut in about 2-inch pieces; pound flat to about 4 inches, trim off bones to boil for stock. Put lean trimmings through meat grinder, add a little parsley and onion, salt and pepper. Mix and add soup stock to moisten. Lay a spoonful on the squares, roll up and fasten with toothpicks. Put in pan and brown them, add a little water and simmer until tender. Make gravy in the pan by using remaining soup stock.—Mrs. M. Gay.

Three Meals for One Price.

	Cost.
2 lbs. brisket of veal at.....	\$0.3400
2 lbs. rip tomatoes.....	.0800
1/2 c rice.....	.0156
3 small onions.....	.0200
1 T milk.....	.0100
1 egg.....	.0417
3 potatoes.....	.0150
1/4 c minced onion.....	.0060
1/4 c chopped celery.....	.0036
1/4 t nutmeg.....	.0033
Gas, 2 hours.....	.0228

2 quarts soup and 3 lbs of meat loaf for\$0.5280

Buy 2 pounds of brisket of veal, put on to cook in 2 quarts of boiling water, keep at boiling point 1 hour, add 1 pound of ripe peeled tomatoes, 3 small onions, 1/2 cup of rice (boil one hour). When the soup is done allow the meat to cool and serve with French fried potatoes. Next day chop the remainder of the veal, strain the rest of the soup and add to the veal the vegetables left, together with 3 tablespoonfuls milk and 1 egg, well beaten; bake in a moderate oven 1/2 hour. This makes a large loaf. To the pint of clear stock left after straining the vegetables add 3 potatoes, 1/4 cup chopped onion, 1/4 cup chopped celery, 1/4 t nutmeg, 1 pint boiling water and you have a good soup. This makes 2 quarts of soup, 3 pounds meat loaf.—Mrs. G. Spencer.

Veal and Rice.

	Cost.
1 1/2 lbs. veal @ 15c.....	\$0.2250
1/2 lb. (1 c) rice.....	.0312
1 T minced onion.....	.0016
1 T Crisco or salad oil.....	.0082
1/4 bay leaf or 1 T minced parsley.....	.0001
1 1/2 t salt.....	.0005
1/2 t white pepper.....	.0010
Gas, 3/4 hour, average heat.....	.0855
Gas, 1 1/2 hours, simmering.....	.0060
Water to cover well.....	.0000

Cost for six persons.....\$0.3591
Cost per portion not quite \$.0600.

Look over, wash and drain rice. Melt Crisco (or salad oil, or lard, or fat saved from chicken or goose) in heavy iron kettle; put in rice and stir constantly until it becomes a light golden brown; add onion and veal cut in pieces for stewing. (Get neck and shoulder of veal, or part neck and part breast). If bay leaf is used add at this time. Cover well with water.

As soon as the kettle boils well reduce heat as low as possible and simmer till meat is perfectly tender. Add salt, pepper and parsley five minutes before serving. This should be as white and tender as chicken. A tablespoonful of butter may be added and will improve the flavor, but will also slightly increase the cost, and is not at all necessary.—Mrs. A. L. Veazie, 695 Hoyt street.

Mutton

Breast of Mutton.

	Cost.
Breast of mutton (4 lbs. @ 10c lb.).....	\$0.4000
1 quart of stock.....	.0800
2 onions.....	.0167
1 t salt.....	.0003
1/2 t pepper.....	.0010
1 pint green peas.....	.1500
1 T flour.....	.0009
1 T butter.....	.0156
1 T chopped parsley.....	.0042
Gas, 1/2 hour, average heat....	.0128
1 hour simmering.....	.0097

Cost\$0.6912

Separate the breast between the ribs; put them into a stewing pan and shake until they are a nice brown. Add the butter and flour mixed and one quart of stock; add all the seasonings. Cover and simmer gently until the mutton is tender, about one hour; then add the peas and cook 20 minutes. Lift the meat, put it in the center of a platter, strain the sauce over it, put the peas around near the meat and outside of this a roll of carefully boiled rice. This forms an admirable dish for six or eight persons at a cost of 10 or 15 cents.—Mrs. S. T. R.

Mutton Pie.

Following are two recipes for using the left-over meat, both of which I know to be excellent. (We will not price the left-over meat).

	Cost.
2 c cold mutton.....	\$0.0000
2 c sliced onions.....	.0500
4 c (2 lbs.) potatoes, sliced....	.0400
1 c gravy.....	.0000
1 t salt.....	.0003
1/2 t pepper.....	.0010
Crust for top—	
1 large c flour.....	.0145
1/4 t salt.....	.0001
1 T lard.....	.0094
3/4 t milk.....	.0201
2 t baking powder.....	.0072
Gas.....	.0185

Cost for four persons.....\$0.1611

Put alternate layers of the meat, cut in small pieces, the sliced onions and potatoes in a baking dish, till all are used. Pepper and salt by layers. Cover with the gravy and enough water to just come to the top. Put on fire to be cooking while preparing the crust; roll crust to fit the pan; make incision in the top and bake in a moderate oven about 25 minutes.—Mrs. Welch.

To Stuff a Leg of Mutton.

	Cost.
1 leg mutton (4 lbs. @ 17c)....	\$0.6800
1 pint bread crumbs.....	.0300
1 T parsley.....	.0042
1 t salt.....	.0003
¼ t pepper.....	.0010
1 T butter.....	.0156
1 clove garlic.....	.0001
½ pint pine nuts.....	.1000
Gas, 1½ hours.....	.0383

Cost\$0.8695

Remove the bone from the leg of mutton and wipe the outside carefully with a damp cloth. Put the bread crumbs into a bowl, add the salt, pepper, pine nuts and garlic, mashed; pour over it the butter, melted. Stuff this into the space from which the bone was taken. Roast or bake the leg and serve with it rice croquettes or browned sweet potatoes and scalloped tomatoes, or stewed turnips.—Mrs. T. R.

Old-Fashioned Haricot.

	Cost.
2 lbs. breast of mutton.....	\$0.3200
2 small carrots, diced (1c)....	.0150
2 small parsnips, diced (1c)....	.0167
1 pint shredded cabbage (2c)...	.0188
1 cup green peas (20 oz. for 20c, canned).....	.0800
1 cup corn (20 oz. for 20c, canned).....	.0800
2 cups tomatoes (raw).....	.0534
1 qt. tomatoes (12 lbs. for 25c) .	.0416
1 T salt.....	.0008
Fuel, wood, 2 hours (½ use) .	.0340

Cost\$0.6603

Put the mutton into the kettle and brown slowly, turning and stirring for about 15 minutes. Then add the carrots and let brown slightly. Add 1 pint water, the parsnips, cabbage and tomato, and set the kettle back where it will cook slowly for one hour, then salt to taste and add the peas and thinly sliced potatoes and cook for 45 minutes, adding the corn 10 minutes before taking from the fire. More water may be needed during the cooking.—Mrs. W. L. Nelson, 604 East Thirty-eighth street North.

Mutton Pot Roast.

	Cost.
Small leg of mutton (3½ lbs. at 17c).....	\$0.6000
2 good sized onions (1 c).....	.0250
2 t salt.....	.0005
¼ t pepper.....	.0021
Gas.....	.0342

Cost for roast.....\$0.6618

Trim outside skin off; place in kettle; slice over it the onions; add the salt and pepper. Use only enough water to keep from burning and cover tightly. Cook about three hours, and serve. This is very fine.—Mrs. Welch.

Second prize for the best recipe for cooking mutton or lamb in any way was won by Mrs. A. H. Pope, 1285 East Twentieth street South, with the following recipe, also cooked with electricity:

Casserole of Lamb.

	Cost.
2½ lbs. breast of lamb at 14c per lb.	\$0.3500
1½ c tomatoes (ripe).....	.0401
1 stalk celery.....	.0063
1 onion (about 3 oz.).....	.0100
¼ lb. (½ c) uncooked rice (Japan), at 8 1-3c per lb.	.0283
2½ t salt.....	.0007
½ t pepper.....	.0041
2 T flour.....	.0018
Electricity, 1½ hours.....	.0018

About 3 quarts cost.....\$0.4452

Or per quart costs..... .1477

Or 3¼c per cupful.

Cut meat in small pieces, slice tomato, cut onion and celery into small pieces. Put all into casserole, with the exception of flour, and bake; about 15 minutes before time is up, add flour stirred to a thin paste with a little water. About 4 cupfuls of water should be put into dish with meat. Cook slowly.—Mrs. A. H. Pope, 1285 East Twentieth street South.

I am sorry the first prize was for cooking veal and the second for cooking lamb, as these two meats are the ones Mr. Hoover does not want us to cook at all. However, that is but temporary—during the war, which we all hope will be over before many months, and these economy recipes we will want to keep and use for years, so that the veal and lamb recipes will be useful then.

Mutton Olives.

	Cost.
2 lbs. mutton, at 15c.....	\$0.3000
2 T butter.....	.0312
1 T flour.....	.0009
½ cup bread crumbs.....	.0150
¼ t pepper.....	.0021
1 t salt.....	.0003
Parsley from garden.....	.0000
1 bay leaf.....	.0001
1 t onion.....	.0005
1 c potatoes.....	.0125
Fuel, 1 hour, ½ time.....	.0170

Serves five persons for.....\$0.3796

Or 7½ cents each.

Cut meat in strips, 4 inches long and 2 inches wide; put bread crumbs in bowl with 1 teaspoonful melted butter, salt, pepper and parsley; spread each strip of meat with this and tie with twine; simmer one hour; put 1 teaspoonful butter and 1 teaspoonful flour in saucepan with stock from above cooking; add bay leaf and onion; pour around olives, cook ½ hour longer; remove strings before serving.—Mrs. J. B. McCreary.

Roast Leg of Lamb.

Wash meat off with vinegar, then gash with sharp knife about 4 times and load with small pieces of bacon and garlic or onion. Place in roaster and spread top thinly with a mustard paste made of powdered mustard mixed with water and sprinkle with pepper and salt and 2 bay leaves. Pour over this $\frac{1}{2}$ cup vinegar and let meat stand for three or four hours if possible, basting quite often with vinegar. Add a little cold water, cover and roast until tender. Make gravy as usual. I haven't had time to figure costs or amounts on these meat recipes.—Mrs. M. Gay, 709 East Twenty-ninth street North.

Crown Roast of Lamb.

	Cost.
2 lbs. lamb rib chops in one piece, 20c a pound).....	\$0.4000
2 medium-sized carrots (2-3 lb.).....	.0200
2 medium-sized turnips.....	.0150
1 stalk celery.....	.0063
1 onion, $\frac{1}{2}$ c.....	.0250
$\frac{1}{2}$ c green peas.....	.0400
$\frac{1}{2}$ c string beans.....	.0400
1 T butter.....	.0156
2 T flour.....	.0018
1 T salt.....	.0008
$\frac{1}{4}$ t black pepper.....	.0042
2 T tomato catchup.....	.0100
1 T Worcestershire sauce.....	.0050
Fuel, gas, 40 minutes.....	.0170

Cost\$0.6007

Serves four people for 15 cents each.

Method for preparing: Order from butcher a back of lamb (rib chops), about 2 pounds, in one piece. Turn ends together and tie with a string, which remove after cooking. Roast for 40 minutes with 1 carrot, 1 onion, 1 stalk of celery cut up. When almost done sprinkle 2 tablespoonfuls flour in the pan and let it brown. Add 1 pint of water, salt, pepper, 2 tablespoonfuls catchup and 1 tablespoonful of Worcestershire sauce.

Cut 1 carrot and 1 turnip in small dice, boil, drain and fry in a tablespoonful of butter a few minutes. Take $\frac{1}{2}$ cupful green peas and $\frac{1}{2}$ cupful string beans from your own canning, heat in a little butter and season. Place the rack in center of large plate, garnish with vegetables, strain

Roast Pork.

	Cost.
3 lbs. pork (25c).....	\$0.7500
1 T salt.....	.0008
$\frac{1}{4}$ t pepper.....	.0021
2 c water.....	.0000
$\frac{1}{2}$ t caraway seed.....	.0010
2 T cornstarch.....	.0032
Fuel, wood, 2 hours ($\frac{1}{2}$ use)...	.0286

Cost of roast and gravy.....\$0.7857

gravy over the meat and serve.—Mrs. Otto Heyde, 181 Grover street.

Captain's Pie.

	Cost.
1 $\frac{1}{2}$ lbs. mutton, at 15c.....	\$0.2304
2 T onion.....	.0032
$\frac{1}{2}$ turnip ($\frac{1}{2}$ c).....	.0063
1 carrot ($\frac{1}{2}$ c).....	.0075
1 c flour.....	.0145
$\frac{1}{2}$ lb. suet.....	.0700
1 T salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0021
Wood fuel, 2 $\frac{1}{2}$ hours, $\frac{1}{2}$ use..	.0430

Cost to serve 4 persons.....\$0.3769
Or 9 $\frac{1}{2}$ cents each.

Cut meat and vegetables in small pieces, add seasoning and simmer. Make crust paste of 1 cupful flour, $\frac{1}{4}$ teaspoonful salt, $\frac{1}{2}$ lb. suet, tried out. Place over meat and boil; then simmer 1 $\frac{1}{2}$ hours.—Mrs. J. B. McCreary.

Breaded Lamb Chops.

	Cost.
5 lamb chops (1 $\frac{1}{4}$ lbs.).....	\$0.4400
1 egg.....	.0500
1 c bread crumbs (or cracker crumbs).....	.0150
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0010
$\frac{1}{4}$ t nutmeg.....	.0016
1 R T parsley (from garden)...	.0000
3 T lard.....	.0232
Wood fire, 20 minutes ($\frac{1}{2}$ use).....	.0048

Will serve five persons for..\$0.5409
Or 10 $\frac{1}{2}$ cents each.

Pick the loose bones from the chops, wipe with damp cloth, dip each chop in beaten egg, then in cracker crumbs that have been seasoned with the above seasoning. Have a spider hot, put in the lard; when melted and hot, is my experience, as a druggist's wife put in prepared chops and fry to a nice brown, about 20 minutes. Place chops on a hot platter, garnish with slices of lemon and sprigs of parsley.—Mrs. H. M. Vana, 607 East Twenty-second street.

Sheep's Head.

A sheep's head may be used and dressed precisely the same as a calf's head, but two heads must be served in the place of one calf's head. The hearts, livers and kidneys may also be served as calves' hearts, liver or kidney. They are much less in price and very good.

Pork

Will serve eight persons at 9 $\frac{1}{4}$ cents each.

Wipe the meat with a damp cloth; score the rind across $\frac{1}{4}$ of an inch apart, season with tablespoonful salt and $\frac{1}{4}$ teaspoonful pepper; lay the pork in a roasting pan; place it in a medium hot oven, roast till light brown, basting with its own gravy; then add a cupful of boiling water

and $\frac{1}{2}$ teaspoonful caraway seed; continue to roast and baste till nearly done; turn the meat over, so the rind lies in the gravy; roast 10 minutes; turn it again, so the rind is on the top; let it remain five minutes longer in the oven, transfer to a hot dish; free the gravy from fat; mix 2 table-spoonfuls of cornstarch in 1-3 cupful of water; add it to the gravy; stir two minutes; add sufficient boiling water to make a creamy sauce; strain and serve with the meat.—Mrs. H. M. Vana.

Third Prize—For the best recipe for cooking pork in any form, in any way. This was won by Mrs. J. B. McCreary, 78 East Buffalo street, with the following recipe, cooked with wood:

Pork Meat Balls.

	Cost.
1½ lbs. sausage meat, at 17c..	\$0.2600
¼ t pepper.....	.0021
1 t salt.....	.0003
1 t onion.....	.0005
1 c flour.....	.0145
1 t baking powder.....	.0221
1 t salt for crust.....	.0003
½ c milk.....	.0134
Cabbage leaves.....	.0100
Wood fuel, ½ use, for 30 min..	.0085

Serves four persons for.....\$0.3117
Or about 8 cents each.

Put meat through grinder and make into balls; salt, then fry brown. Wrap in cabbage leaves and tie with twine. Make dumplings with flour, salt and baking powder and drop in. Cook until done, about 25 minutes in all.—Mrs. J. B. McCreary, 78 East Buffalo street.

Salt Pork, Country Style.

	Cost.
1 lb. salt pork.....	\$0.2000
2 t cornmeal.....	.0012
¼ t pepper.....	.0021
1 t flour.....	.0003
1 c milk.....	.0268
2 t flour.....	.0018
1 lb. potato cubes.....	.0200
Fuel, half hour, half use.....	.0085

Cost to serve four persons...\$0.2607
Or 6½ cents each.

Slice pork and fry in meal and flour. Strain fat left over and add two teaspoonfuls flour, 1 cupful milk and pepper. Boil these together and pour over meat. Serve potato cubes around it.—Mrs. J. B. McCreary, 78 East Buffalo street.

Pork Mock Duck.

Tenderloin of pork (35c lb.)...	\$0.5000
Dressing, as per first recipe...	.0744
1 T butter.....	.0156
1 t salt.....	.0003
½ t pepper.....	.0010
¼ c flour.....	.0036
Gas to bake, 1 hour.....	.0255

Cost for eight portions.....\$0.6204
Or about 8 cents each.

Proceed as with the pressed beef, but after rolling and tying rub with melted butter, dredge with flour, pepper and salt, and bake till tender. Place water and drippings in pan $\frac{1}{2}$ inch up side of pan, and baste frequently. Add water, if necessary. This may be used hot, or pressed and sliced when cold.—Mrs. Lulu M. Welch.

Ham Puff.

	Cost.
½ pint sweet milk.....	\$0.0268
¼ c butter.....	.0625
½ c flour.....	.0073
4 eggs (cooking).....	.1600
1 c chopped boiled ham (put through grinder).....	.0000
1 T salt.....	.0008
½ t pepper.....	.0042
Fuel, wood, ½ hour, ½ use....	.0085

Cost of preparing the ham...\$0.2701

Directions—Scald milk and butter, add flour, made smooth with water; cook until thick; when cool add yolks of eggs, well beaten, then the beaten whites, lastly the chopped ham; bake half hour with pan sitting in hot water; test with a straw; cover if gets too brown; if it has to stand, keep in pan of hot water on back of range and keep covered.—Mrs. M. Parks, 533 East Thirty-seventh street South.

Leftovers.

Here are three good ways of using up left-overs:

Croquettes.

	Cost.
1 egg (cooking).....	\$0.4000
1½ pints of cold meat.....	.0000
½ pint of milk.....	.0268
1 T butter.....	.0156
2 T flour.....	.0018
1 T chopped onion.....	.0016
1 parsley (from garden).....	.0000
1 c cracker crumbs (18c lb.)...	.0450
½ c Crisco.....	.0653
Drippings from roast.....	.0000
Gas, 15 minutes.....	.0029

Cost to make 10 croquettes...\$0.1990
Or 2 cents each.

Take the cold beef and put through meat chopper; put the milk over the fire, rub together the butter and flour, add to milk and stir until smooth and thick. Season the meat with chopped onion and parsley; mix all together with the gravy and set aside to cool; when cold form into croquettes, oblong shape; beat the egg, add 1 T cold water, dip the croquettes in the beaten egg, roll in cracked crumbs and fry in smoking hot fat. This makes 10 croquettes. They are much nicer than the cold meat, and are pretty garnished with parsley.—Mrs. Spencer.

Frittadilla.

One pint finely chopped cold meat of different kinds; 1 pint bread crumbs; 1 tablespoonful onion, chopped fine; 1 tablespoonful chopped parsley; salt and pepper to taste. Soak bread crumbs and drain. Put 1 tablespoonful butter in spider; when melted drop in onion for three minutes. Then put in bread crumbs and meat. Heat all through. Mix all together with two well beaten eggs. Make into little pats. Fry in butter until brown.—Harriet G. West.

Hash.

One cupful of tender cooked meat, chopped fine; 2 cupfuls of hot mashed potatoes; $\frac{1}{2}$ teaspoonful of salt; $\frac{1}{2}$ teaspoonful of pepper. Mix till there are no lumps. Put three tablespoonfuls of hot water into spider; melt in it 1 tablespoonful of butter or drippings; put in the hash; let it simmer slowly till it has absorbed the water and formed a brown crust. Do not stir. Fold over as you would an omelet and turn on a hot dish.—Mrs. Sears.

Additional Recipes

Meat Substitutes as a Health Necessity

Dear Friends: In beginning our last week's work on meat substitutes I want to tell you a little of what I have been reading about giving up the use of meat as a health necessity. We often read a vague reference to a meat diet as harmful, but the number of people—particularly men—who are suffering with heart trouble, hardening of the arteries, Bright's disease, etc., in middle age is appalling, and Dr. Louis Faugeres Bishop (with all kinds of letters after his name) and professor of heart and circulatory diseases in Fordham university, tells us that this class of diseases is now claiming twice as many victims as it did 30 years ago, and from those who can least be spared by their families and the state. "One has only to read the morning papers to note the number of men and women—unfortunately most often those living at high pressure in solving some of the problems of our complex civilization—who are cut down without warning.

"In a double sense, the way to a man's heart is by the food he is given, and the more elaborate the food the more quickly does his heart succumb to the strain put upon it. So it falls upon the woman to meet this condition and without delay.

"The insidiousness of auto-intoxication is that it runs on for some time without showing any outward effect, so that food poisoning has generally existed for five or ten years before the heart is sufficiently damaged to cause distress or exertion, and it is very hard to persuade a sick person who does not feel any discomfort from his high blood pressure, or leaking heart, that a change of diet is essential.

"It has been found that, under certain circumstances, the cells of the body become sensitive to the protein element of certain kinds of foods, and from that time on, as long as this sensitiveness lasts, that kind of food acts as a poison to the cells of the body. The only way to limit the damage is to exclude the offending article of food from the diet. Another important point in the matter is that when a person is sensitive to a particular kind of food the cells are almost as much irritated by a little of

this food as by a great deal, so that a diet, to be of much use, has to be a strict diet. Many failures can be laid at the door of a slight indulgence in the type of food to which the person is sensitive. It is hard to believe that a little will do any harm, or that food damage can be entirely independent of any discomfort, but such is the case. The things that do damage are usually found in the group including eggs, fish, meat and stock soups (made from meat), but there is no definite way of determining which of these things are at fault. This has to be accomplished by the study of each individual person by means of the absolute withdrawal of all those things until there is an improvement in the action of the heart and blood vessels. Now one article of food, and then another, is added to the diet, and it is discovered by experiment which one the person can use without a return of the disorder. It may be only eggs, or fish, or meat, in the beginning that causes trouble, but in persons seriously ill with hardening of the arteries all these things cause trouble and must be absolutely eliminated from the diet."

One of our kitchen visitors told me that she had eaten no meat or soup from meat, or red fish, or carrots, in two years, and was nearly cured of her heart trouble. Cheese and nut dishes are the very things, with good vegetables and fruits and breads, that people suffering from heart derangement should use as articles of diet. And for all of us in middle life who feel "under the weather" and oppressed, without exactly knowing what is the matter with us, it is surely worth while to try for a month leaving meat, fish, eggs and soup out of our diet altogether, and see if we don't feel better. If we do we know that some one of these has been poisoning us—probably not all of them, however—and we can try eating eggs and see if we feel any worse, etc. It for 25 years, that a middle-aged person of good, sound, common sense is far more likely to be able to locate a chronic trouble for himself if he sets his mind to it than the average "reputable physician" can do for him.

Phone Your Want Ads to The Telegram—
Broadway 200, A 6701

Cooked Vegetables

Without Meat

Cooked Vegetables

Without Meat

Vegetables used instead of Meat—Various general suggestions for preparing and cooking vegetables.

Recipes for—

Vegetable pot pie	Escalloped vegetables
Vegetable combinations, baked	Macedoine of vegetables
Vegetable stew	Jellied vegetables
Vegetable sausages	

Beans—

Baked	Spanish and Lima
New England	String beans
Texas	Stewed and creamed
Uncle Sam's	

Beets—

With cream sauce	Sliced
Minced	Baked

Cabbage—

Bavarian	Red
Delicate	Blue
Fried	Souffle
Creamed	Sauer-kraut

Carrots—

To cook	Stewed
Creamed	Casserole

Cauliflower—

To cook whole	Escalloped
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Corn—

Baked	Mock crabs
Fritters	Pudding
Chowder	With Peppers

Onions—

Baked	Escalloped
Stuffed	Creamed
Smothered	Pudding

Parsnips—

Fried

Baked

Peas—

Loaf

In cream sauce

In turnip cups

Peppers—

Stewed

Potatoes—

Escalloped

Dumplings

Croquettes

Cakes

Baked

With Dumplings

Balls

Pie

Patties

Baskets

Hash

Sweet Potatoes—

In butter

Browned

Au caramel

Radishes—

Japanese to bake

Succotash—

Baked

Stewed

With dumplings

Salsify—

Escalloped

Tomatoes—

Fried

With macaroni

With rice

With corn

With cheese

Chowder

Turnips—

Au gratin

Rice—

How to cook

Steamed

With corn meal

With vegetables

Cooked Vegetables

Using Vegetables Instead of Meat.

Here are some general remarks on vegetable eating by Mrs. Sarah Tyson Rorer. I wish I had space for more, as what she says is surely worth our consideration.

The American people, as a class, in their rushing and bustling life, prefer to take their nitrogen from animal products, which are rather more easily digested and assimilated than vegetables. It is a fact, however, that all the elements necessary for the building of the body are found in the vegetable world. Our working animals, "beasts of burden," build and repair their large bodies, under heavy labor, on materials from the vegetable kingdom. True, their digestive apparatus is rather different from man's, and is better suited to the dry, concentrated cereals. We do not, however get from the animal a single element except that which the animal has taken from the vegetable world. His flesh is the result of the digestion of vegetable materials.

Meat is rich in water, containing less nitrogen than peas, beans and lentils, but in a more acceptable form to American and English business men or teachers who spend most of their lives in close, ill-ventilated rooms. There are many sides to the vegetarian question worthy of consideration.

The true vegetarian uses all forms of vegetable foods; he does not try to live upon potatoes and so-called green or succulent vegetables. These do not contain nitrogen, and are insufficient to sustain life. Nuts well prepared and mixed with cereals, and such easily digested foods as rice give sustaining power not attainable by meat. Health and nutrition depend entirely upon the class of vegetables selected. The Japanese, who do in their country the work performed by horses here, are practically vegetarians.

Nitrogenous vegetables are slow of digestion; hence, the vegetarian requires but two meals per day; but in those two meals, especially if his diet is well selected, he will receive more nourishment than from three meals of meat. Two points have been gained, time spent in eating and money saved. Then, too, he has had much greater variety. The vegetarian is not compelled to eat steaks, chops; and roasted beef to be followed by roasted beef, steaks and chops; but selects from a score of dishes made by blending different vegetables, nuts and fruits.

The amount of cellulose or waste in vegetable foods keeps up the peristaltic motion of the intestines and lower bowels; hence, vegetable eaters are very rarely troubled with constipation and torpid livers. Skin diseases are frequently due to a lack of green vegetables.

An observer can readily understand, however, why we have grown into a meat-eating nation. A short visit into the house of a neighbor makes this point quite plain. The so-called cook, an uneducated woman, who is perhaps a second rate scullery maid, presides over the kitchen. She does not know the chemical composition of a single article she cooks, nor the effect of heat upon them. She does know how to cook meats; they can be broiled or roasted. These two methods form the limit of her horizon. Broiling intensifies the flavor of steak, and with a little seasoning of salt and pepper, and a bunch of parsley, makes a palatable and slightly dish. The cook has given it little care and less thought. Not so with vegetables; they owe their flavor to volatile oils which are easily dissipated by careless or rapid cooking. Badly cooked vegetables are tasteless; all the flavor has been cooked out and poured down the drain. Potatoes, a common vegetable, served in nearly every household once or twice a day, are seldom well cooked, palatable or slightly. Rice is almost unfit for food; in nine cases out of ten it is yellow, not white, heavy and sodden, a mass of wet starch. Few things show the difference between comfortable and slovenly housekeeping more quickly than the dressing of vegetables.

Cooking Vegetables.

Mrs. Spencer, 1260 East Davis street, city, says: I suppose most of the readers will think that this week's work is easy and simple, as it is just vegetables, but I know that a great many people spoil the best vegetables by cooking in too much water and then draining it off, thereby losing all the juices and the very essence of the vegetables. It seems to me this is one of the most essential things in the art of cooking. For instance, I have noticed the difference in green peas or string beans, and can tell if they have been cooked in a large quantity of water or simmered down till there is very little of the liquor left—there is no comparison in the taste. Green vegetables should be thoroughly washed in cold water, then dropped into water that is just beginning to boil. There should

be one tablespoonful of salt to two quarts of water. If the water boils long before the vegetables are put in, it has lost all its gases, and the mineral ingredients are deposited on the bottom and side of the kettle, so that the water is flat and tasteless; then the vegetables will not look well or have a fine flavor. Time for cooking depends upon the age and time they have been gathered.

Third Prize—For the best and most complete condensed list of general information on how to best prepare and serve each common vegetable to conserve all its flavor and food value, prize was won by Mrs. John Oatfield, Milwaukie, Or., with the following table of condensed directions:

Cooking Vegetables.

Boil one hour—Carrots, green beans, celery, turnips. Cook with boiling water. Reduce water to be thickened for sauce or drain and serve with butter or milk sauce.

Boil one hour—Cabbage, onions, beets (cook in skins.) Plunge in kettle of boiling water well covered. Strong vegetables are sometimes drained and recovered. Cabbage best cooked uncovered to eliminate strong odors. Leave beet stems on to avoid bleeding, serve buttered or as pickles.

Boil one-half hour—Spinach, turnip tops, curly kale. Add small quantity of water to conserve salts. Drain and mince, season with butter or drippings.

Boil one-half hour—Cauliflower, Brussels sprouts, asparagus, peas, summer squash.

Cook one-half hour—Tomatoes. Add no water. Season with salt, pepper, a little sugar, butter.

Cook two hours—Hubbard squash (baked.) Split open, remove seeds, bake in oven, when half done dust over salt, sugar, pepper and cut in small serving pieces, a little butter to each piece.

Onions, carrots, parsnips may be baked with roast. Turnips, parsnips, squash may be mashed, milk and seasoning added.—Mrs. John Oatfield, Milwaukie, Or.

How to Prepare Vegetables.

Strong flavored vegetables, like turnips, cabbage and greens, require to be put into a large quantity of water.

More delicate vegetables, such as peas, asparagus, etc., require less

water. Let water boil before putting in and continue to boil until done.

Never let vegetables stand in the water after coming off the fire. If not ready to serve, place in colander over pot of boiling water. An iron pot will spoil color of greens.

Potatoes are good with all meats. Greens, cabbage, carrots, turnips and parsnips are served with boiled meats.

Beets, beans and peas are served with either boiled or roast meats.

Steam summer squash.

Soak eggplant in salt water over night.

One-half teaspoonful sugar added to onions, peas, parsnips and carrots while boiling add greatly to their flavor.

Grease with lard the outside of potatoes before baking.

Core apples and cook; put through fruit press before adding sugar for sauce.

Bake beans in the water in which they are parboiled as this is the secret of nutritious beans.—Florence H. Dusenberry, Westport, Wash.

Rules for Handling Vegetables.

Wash thoroughly, pare and scrape, if skins must be removed. Keep in cold water until cooked to keep them crisp and to prevent their being discolored. Cook in boiling water; the water must be kept at the boiling point. Use two teaspoonfuls salt with two quarts water. Put salt in water when the vegetables are partly cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper and serve hot with butter or sauce. Cold vegetables may be used for salads or may be placed in a baking dish with one-half the quantity of sauce (2 c vegetables and 1 c sauce), covered with buttered crumbs and browned in a hot oven.—Mrs. H. G. Thyng, 326 East Mohawk street, St. Johns.

Vegetable Cooking.

All vegetables growing beneath the ground should be cleaned by putting in cold water and scrubbing with a small brush. Unless a vegetable is dried or wilted, it should not be

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soaked in water for any length of time before cooking.

To retain flavor in vegetables, use the boiling method for one way—turnips, kohlrabi, carrots, parsnips, sweet potatoes and celery may all be cooked in this way. In so doing vegetables may be cooked in the morning and quickly reheated for dinner in the evening.

In boiling have a large saucepan of water on the stove (rain water is best) when it comes to a rapid boil, drop in the vegetables (with skins) large ones first, see that this comes to a boil again as soon as possible, then add salt, one teaspoonful to every quart of water used. Continue cooking gently, partly uncovered till tender (use a silver fork for testing.) Do not allow vegetables to stop boiling before they are tender, also do not let them stand in water after they are tender. Drain at once and cover with cold water two or three times, when cooled peel and dice. Or if you do not wish to serve them right away keep in a covered dish to avoid drying. The following recipe for sauce may be used with either of the vegetables mentioned above:

White Sauce.

	Cost.
1 T butter	\$0.0156
1 T flour	.0009
½ t salt	.0003
1 c milk	.0268

Cost\$0.0436

This sauce will cover a pint of vegetables. Heat the butter, add flour and stir until smooth, then add the milk, stirring all the time. When the sauce boils add salt and the prepared vegetables. Cook 10 minutes and serve.

All the above-mentioned vegetables will cook in 30 minutes if young and fresh, old ones require longer cooking. Beets always require the boiling method. Care must be taken in washing them not to break any roots or stems to avoid their bleeding. Young beets will cook in one hour, old ones take from 3 to 4 hours. Do not serve beets with white sauce, use butter, salt and pepper or pickle them.

The steaming method is perhaps the best. Peel or scrape (real fine) the vegetables above mentioned (all except beets), potatoes, cauliflower, cabbage, pumpkin, squash and young spinach may all be steam cooked. All but pumpkin, squash and spinach may be served with the sauce given above, or it can be made by using meat stock instead of milk. Serve pumpkin, squash and spinach with butter, salt and pepper. There are many different ways of serving vegetables, too many to mention them all.

To cook tomatoes, wash, pour boiling water over them, let stand 2 or 3 minutes, drain off and cover with cold water, pour off again and peel. Cut large tomatoes in fourths, small ones in halves. Put into a stewpan on the stove, boil gently 20 minutes or half an hour. Season five minutes before cooking is finished. Allow for each quart of tomatoes 1 teaspoonful salt, 1 teaspoonful sugar and 1 tablespoonful of butter. To cook onions, cut them in slices and boil in salted water 10 minutes. Drain, add 2 tablespoonfuls butter, 1 teaspoonful salt, ¼ teaspoonful pepper to every pint or 2 cupfuls of onions. Cover the stewpan and cook over a hot fire five minutes, shaking the pan occasionally. Now set it back where it will cook slowly for 40 minutes—Mrs. Helen Vana, 607 East Twenty-second street, South, city.

The Best Ways to Cook Vegetables.

Mrs. Dittmar says: I am sending in a few of my recipes and ways of cooking vegetables. I want to add that I save all stock from vegetables cooked, and make delicious soups from them. I want to thank you for the many good recipes that are coming through your kitchen; every one of them is good, and gives us all a chance to try some one else's way—like going out to dinner.

The Best Way to Cook Vegetables.

To boil potatoes put on in cold water allow one T salt to each qt. water, boil until a fork penetrates them easily, then drain, return to stove, let stand a moment, take up sauce pan, shake gently, take off cover to let steam escape, repeat process two or three times when potatoes will be nice and mealy.

Tomatoes—Cover with boiling water for a moment, then remove skins, cut in quarters, place in saucepan with no water. Add seasoning, also some sugar and butter. Cook 20 minutes and serve.

Asparagus—Peel and wash, tie in bundles heads all one way, ends cut even. Place in saucepan, cover with boiling water and cook 25 minutes. Add salt, draw to the back of the stove, let simmer 5 minutes, lift out and drain. Arrange on hot dish, remove strings and pour melted butter over it.

Cabbage—Cut in quarters, remove core, wash and place in saucepan, nearly cover with boiling water, cook until done. Add salt and simmer 10 minutes, drain, serve with melted butter or any other way you serve.

Kale—Strip leaves from stems, wash thoroughly, put in boiling water, boil for 10 minutes, drain and return to saucepan and cover with fresh

boiling water. Boil until done and finish in any of the many ways preferred.

Spinach—Strip from stalks, wash well, cover with boiling water, add salt, boil 15 or 20 minutes, drain (it should be very dry), chop very fine, pour over it melted butter and garnish with hard-boiled eggs, cut in quarters.

Swiss chard—The leaves from Swiss chard can be cooked like spinach and finished the same or with a white cream sauce. Stems of chard can be bunched and cooked like asparagus, or cut in inch pieces and boiled and finished a la creme.

Cauliflower can be cooked in one piece, or separate the roses. Wash well in cold water and boil, putting them on in boiling water, cook till tender, adding the salt the last few minutes. Serve with melted butter or cream sauce.

String beans—Wash well, cut off ends, remove strings, cut slantingly into fine slices, place in sauce pan with boiling water and salt, boil till tender, let water boil away all it will by boiling without a cover. Add a piece of butter and chopped parsley and serve.

Peas—Shell and wash, put on in boiling water barely enough to cover, add a little sugar and boil about 12 minutes, letting the water boil down. Add a few tablespoonfuls of cream, seasoning and a very little butter.

We prefer all our vegetables cooked and served plain with the addition of a little butter, as nearly all sauces tend to lessen the flavor of the vegetable.—Mrs. M. E. Dittmar, 971 East Taylor street, city.

General Suggestions on Cooking Vegetables.

Beets pared and shaved on a grater and boiled in a small amount of water, cooked nearly dry and a little vinegar added have a good color and a fine flavor.

Squash is fine, cut in half, and baked for hours with a filling of any kind of meat or meat substitute.

Ripe sweet corn parched and ground fine may be eaten with milk.

Wheat or barley is good as it is if boiled all day.—Mrs. S. T. Walker, box 215, Forest Grove, Or.

VEGETABLE COMBINATIONS.

Vegetable Pot Pie.		Cost.
1 lb. string beans		\$0.0800
1 qt. potatoes		.0400
1 t salt		.0003
2 T Crisco		.0174
2 T bread crumbs		.0019
¼ t pepper		.0021
1 T flour		.0009
2 T chopped onion		.0020
1 t chopped parsley from the garden		.0000

For Dumplings.

1 c flour	.0141
½ c very fine bread crumbs ..	.0075
1 T Crisco	.0087
½ t salt	.0002
scant ¾ cup milk	.0268
Wood fuel 1 hour (½ use) ..	.0170
2 T baking powder	.0042

Will serve 4 four\$0.2231

Or 5½ cents each.

Wash beans, string and cut in one-inch pieces, boil in slightly salt water, peel potatoes, cut up not too small, boil, add the onion to potato till not quite done, drain potatoes and beans, saving stock for sauce. Blend together bread crumbs, flour and Crisco, add the stock, pepper, salt and parsley chopped fine, put the potatoes and beans into sauce for dumplings, sift flour, baking powder, bread crumbs and salt together, rub in Crisco, add milk to make a very stiff batter, drop in on top of potatoes by spoonfuls, cover and cook 12 minutes.

It is well to set saucepan in boiling water, as this burns very easily.

—Mrs. M. E. Dittmar, 971 East Taylor street, city.

Vegetable Pie.

	Cost.
3 c sliced raw potatoes	\$0.0300
½ lb. mushrooms	.2000
2 celery hearts	.0500
3 small carrots	.0200
1¼ t salt	.0004
½ t pepper	.0042
2 c flour	.0282
2 T butter	.0312
2 T lard or Crisco	.0312
1 t baking powder	.0036
Gas to bake 30 minutes	.0127
Gas to boil 10 minutes	.0019

Cost for 7 people\$0.4134
Or about 6 cents each.

Wash and peel the mushrooms using the stems, put them on to simmer in two T butter for 10 minutes, then add one cup of hot water. Slice the carrots and potatoes and celery, cook together (boiling them for 10 minutes.) Make a pie crust as follows: Take 2 cups flour, 2 T lard, 1 t baking powder, half t salt. Rub the lard into the flour which has been sifted with the baking powder and salt; mix with one cup of cold water to about the consistency of biscuit dough. Line the sides of a good-sized granite dripping pan with strips of the dough. Put alternate layers of the vegetables and seasoning; moisten the edges with water, roll out remainder of dough one-eighth of an inch thick, and put a small cup in center of pie to hold up top crust. Now put on top crust (press edges with a fork), brush over with milk and bake in hot oven 30 minutes. This is delicious and enough for seven people, a splendid meat substitute and of a high food value.—Mrs. G. Spencer, 1260 East Davis street, city.

Vegetable Pot Pie.

	Cost.
¼ lb. lima beans	\$.0500
1 lb. tomatoes	.0500
1 can corn	.1500
6 potatoes (medium sized) ...	.0200
2 or 3 stalks celery	.0189
2 onions	.0100
1 t salt	.0003
½ t pepper	.0041
1 T flour	.0009
1 c milk	.0268
Cooking gas	.0127
Baking powder biscuits	.1500

Cost\$0.4937

Wash beans and place to soak, add more water, the celery, onion, spices, etc., and cook on simmerer until done.

Take large baking dish and spread a layer of beans, then one of corn, another of tomatoes and another of potatoes which have been previously parboiled and sliced.

Repeat this until dish is almost full and over all pour 1 cup of milk in which a tablespoonful of flour has been mixed smooth. Place in oven and bake for half an hour. Then place on top a cover of small baking powder biscuits and bake about 15 minutes or until they are a golden brown. This recipe fills a large baking dish and easily serves 8 or 9 persons.—Mrs. S. Burgoyne, 147 Porter street, city.

Ragout of Vegetables.

	Cost.
1 carrot	\$.0075
1 turnip	.0062
2 potatoes	.0100
1 c lima beans	.0750
2 ears corn	.0500
1 c peas	.0750
1 onion	.0083
¼ lb. salt pork	.0625
1 c meat stock	.0200
Sliced tomato	.0166
2 t salt	.0006
¼ t pepper	.0021
Gas, 1 hr.	.0040

Cost\$0.3378

Parboil 1 carrot, 1 turnip, 2 potatoes, 2 ears of corn, 1 cup lima beans, the same of peas, 1 onion, and with them ¼ pound of salt pork; drain off the water and lay aside the pork. slice carrot, turnip, potatoes and onion; put into a saucepan with 1 cupful of meat soup and season well; cut the corn from the cobs and add to the peas and beans and when these are hot add a sliced tomato; stew 30 minutes and serve in a deep dish.—Mrs. G. Spencer.

First Prize—For the best recipe for a hearty combination of vegetables and crust of dumplings (like a vegetable pie) designed as a meat substitute, was won by Mrs. J. B. McCreary, 78 East Buffalo street, city, with the following recipe:

Vegetables with Dumplings.

	Cost.
½ lb. salt pork	\$.01250
1 head cabbage	.0500
½ c diced turnips cooked....	.0125
½ c mashed potatoes (for dumplings)	.0116
3 carrots sliced (1 c).....	.0150
1 c sifted cracker crumbs (18c lb.)	.0450
1 egg	.0500
1 t grated cheese	.0016
1 t salt	.0003
1 t onion juice	.0035
¼ t pepper	.0021
1 t parsley (garden)	.0000
2 T flour	.0018
Wood fuel, 1 hr. (½ use).....	.0170

Cost for 4 persons.....\$0.3354

Or about 8½ cents each.

Cut cabbage in quarters and boil until done; prepare and cook carrots and turnips; arrange cabbage on hot platter; fill inside with vegetables; then drop dumplings in liquor from vegetables to cook; cracker crumbs should be slightly browned and sifted, then mixed with egg, cheese, onion juice, etc., and flour; drop lightly from spoon and cook until done. Skim out and serve with vegetables.—Mrs. McCreary.

Vegetable Pot Pie.

	Cost.
2 lbs. potatoes	\$.0400
1 lb. carrots	.0300
½ lb. onions	.0200
½ lb. celery	.0100
1 lb. cabbage (small head) ..	.0500
8 T flour	.0072
4 T milk	.0100
1 T salt	.0010
½ t pepper	.0002
1 t baking powder	.0030
2 T drippings	.0100
Electricity, 30 minutes	.0030

To serve 6 people, cost ...\$0.1844
Or 3 cents each.

Clean, peel or scrape all vegetables. Slice in half. Place in stew pan and cover with water. Add salt, pepper and drippings. When they have boiled five minutes, add dumplings made as follows: Mix flour, baking powder, salt and milk, to a soft biscuit dough and with a dessert spoon, dip from bowl and place on top of vegetables in pot.

Cook 20 minutes without removing lid. They will be light and feathery.

If cabbage is not young, cook first for 10 or 15 minutes before adding other vegetables.—Eulalee Tyrrel Fisher, 680 Tillamook street, city.

Vegetable Pie.

	Cost.
Ham bone	\$.02000
1 pt. dry beans	.1500
1 pt. canned tomatoes	.0200
2 c onions, chopped	.0334
2 T lard	.0312
1 red pepper	.0250
1 t salt	.0003

Baking powder biscuit crust is used for top.

Fuel, 4 hours, wood ($\frac{1}{2}$ use) .0572

Cost\$0.5171

Boil ham bone 3 hours, then add the beans, which have boiled two hours. Put tomatoes through colander. Fry onions brown in the lard, then add to the other ingredients. Cook until thick, about 1 hour, then add the peppers and seasoning.—Mrs. Alice Kinney, 728 Bismark st., city.

Vegetable Pie.

1 can corn	\$0.1800
1 lb. tomatoes	.0500
1 c fine bread crumbs	.0150
2 T flour	.0018
2 T butter	.0312
1 c sliced onion	.0167
1 t salt	.0003
$\frac{1}{4}$ t pepper	.0021

For Crust.

1 c flour	.0141
2 T Crisco	.0174
$\frac{1}{4}$ c water, $\frac{1}{2}$ t salt	.0002
Wood fuel, 1 hour ($\frac{1}{2}$ use)	.0170

Will serve 4 or 5 for\$0.3458

Butter deep baking dish, put in layer of corn about 1 inch deep, a layer of tomatoes sliced and peeled, a layer of thin sliced onion, sprinkle over bread crumbs mixed with the flour, sprinkle over some of the seasoning and butter and continue the layers till all is used. Cover with an inverted plate and bake 40 minutes, remove from oven and put on crust made by rubbing flour and Crisco together, add salt and water and roll out to fit baking dish, return to oven for 20 minutes or till brown.—Mrs. M. E. Dittmar, 971 East Taylor street, city.

Vegetable Pot Pie.

	Cost.
1 c dry lima beans	\$0.0750
$\frac{1}{4}$ t soda	.0001
1 can tomatoes run through sieve	.1500
2 T dripping	.0164
$\frac{1}{2}$ T sugar	.0024
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
Dash cayenne pepper	.0005

Dumplings.

$\frac{1}{2}$ c corn meal	.0143
1 c flour	.0141
3 t baking powder	.0063
1 T sugar (scant)	.0026
1 T Wesson oil	.0057
$\frac{1}{2}$ t salt	.0001
$\frac{1}{2}$ c pepper	.0010
$\frac{3}{4}$ c milk	.0107
1 egg, beaten	.0500
2 T very finely chopped green peppers	.0200
2 T very finely chopped onion	.0020
Gas for simmering beans, 2 hrs.	.0080
Medium gas for steaming 25 minutes	.0046

Serves 6 persons for\$0.3851
Or 6 1-3 cents each.

Wash beans thoroughly, pour over warm water to cover 2 inches, add $\frac{1}{2}$ t soda and let come to a boil. Cook slowly two hours or until thoroughly tender and liquid, nice and creamy. Add T butter and the heated strained tomato which has been seasoned and T butter added. Let all cook up well then stand at back of range to keep hot until ready to pour over dumplings which are made as follows:

Mix corn meal, sifted flour, baking powder, sugar, salt and pepper together, add beaten egg, peppers and onion, milk, Wesson oil, stir all together well and drop on greased plate. Put plate with dumplings in bottom of steamer. Cover steamer with cloth, put on lid and cook 25 minutes, keeping water under steamer boiling rapidly. When done place dumplings on hot platter, pour over the piping hot bean mixture, being sure the liquid is creamy and plenty of it. Should a more hearty dish be desired $\frac{1}{2}$ c ground walnuts may be added to the dumplings and in this case only 1 t Wesson oil. This recipe is entirely original, the result of my experiment of week before last, and proved itself to be most satisfying and delicious.—Mrs. E. F. Pernot, 526 East Twenty-first street, North.

(In cooking the beans a piece of bacon or ham rind might well take the place of the T of butter—"Save the fats.")

Vegetable Pie.

	Cost.
4 potatoes (1 lb.) shredded	\$0.0200
4 carrots (1 lb.) grated	.0300
$\frac{1}{2}$ c bread crumbs	.0075
2 T minced onion	.0020
$\frac{1}{2}$ c milk	.0134
1 t salt	.0003
$\frac{1}{4}$ t pepper	.0020
1 oz. butter or drippings	.0312
1 t sugar	.0009
Red pepper	.0001
Parsley, in garden	.0000
Gas, 2 hours	.0095

Filling for pie costs\$0.1169

Cover the bottom of a large deep pie dish with the bread crumbs. Put in alternate layers shredded potatoes and grated carrots. Sprinkle each layer with the minced onion, salt, pepper, sugar and tiny bits of butter or drippings. Moisten with the milk. Top with rich pie crust. Bake 30 minutes to a beautiful brown. Cut in six pieces, as any fruit pie, and serve hot with a thick white sauce on each piece. Sprinkle with sweet red pepper and parsley cut fine.—Mrs. W. S. Roberts, 1310 Clay street, city.

(The pie crust and white sauce must be figured separately, as recipe was not given for making it.)

Vegetable Combination.

	Cost.
3 lbs. spinach	\$0.1500
½ t sugar	.0005
1-3 t soda for color	.0002
3 T shortening	.0261
2 T flour	.0018
1 c milk	.0268
1 t salt	.0003
¼ t pepper	.0021
1 lb. boiled beets, small	.0500
1 lb. boiled turnips, small	.0250
1 boiled egg	.0500
1 c white sauce all ready	.0500
Wood fuel, 45 min. (½ time) ..	.0123

Cost for 4 or 5 persons ...\$0.3951
Or 8 cents each.

Cook spinach in salted water with sugar and soda; drain, chop, add two tablespoonfuls butter, 1 of flour, cup milk, pack in mold and keep warm. Fill center with beets and turnips and slices of boiled egg. Pour 1 cup white sauce around. Extremely good and appetizing and color scheme good.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

Baked Mixed Winter Vegetables.

Mrs. Welch says: Herewith is my contribution for this week, hoping it may be of real benefit to some one. The smothered parsnip recipe was printed in The Telegram last year. I have seen no contributions this fall from the same lady, and I like the recipe so much better than any other way I ever cooked parsnips that I will send it.

	Cost.
2 c small onions cut in halves.	\$0.0334
2 c carrots cut in half in rounds	.0300
2 c small potatoes cut in halves	.0200
2 t salt	.0006
¼ t pepper	.0010
1 T drippings	.0087
1 c milk	.0268
1 T dried parsley or celery tops	.0000
Wood fuel, 1 hour (½ use)	.0255

Cost to serve 4 persons ...\$0.1598
Boil the carrots for 20 minutes, add onion, boil 10 minutes; add potatoes, salt, and boil all for 25 minutes; drain (leave the water for soup); put in a baking dish, cover with milk, add pepper and butter, put in a hot oven and bake until done; sprinkle with water and serve.

The soup—To the water in which vegetables were cooked add two cupfuls of milk, a little thickening, butter and seasoning, and you have a good cream of vegetable soup.

Vegetable Stew.

Mrs. Densem says: We are so fond of this and think it such a good cheap dish. We live outside the city limits

and get our wood very cheap, also raise our own vegetables.

	Cost.
2½ lbs. or 10 medium-sized potatoes	\$0.0500
6 small onions	.0500
2 small carrots	.0300
2 small parsnips	.0300
1 R t salt	.0006
2 T pork fat	.0312
2 c milk	.0536
Fuel, wood ¾ hour (½ use) ..	.0128

Will serve six persons for ..\$0.2582
Or 4 1-3 cents each.

To make: Cut carrots and parsnips in cubes and boil them 15 minutes. Add onions, potatoes and salt. Have barely enough water to cook them in. When done add milk and fat; thicken with one tablespoonful of flour. Let boil up and serve. In this way all the food value and flavor are retained.—Mrs. V. Densem, Lents station, Route 3, Box 309, Portland, Or.

Vegetable Delight.

	Cost.
2 c potato	\$0.0200
2 c onion	.0334
2 c carrots	.0300
1 c tomato (strained)	.0332
½ c water (or enough to cover all)	.0000
1 T salt	.0008
½ t pepper (to suit taste)	.0042
½ c butter (or less)	.1300
Wood fuel, fir (½ use)	.0408

To serve five persons, cost..\$0.2924
Or 6 cents each.

Cut the potatoes, onions and carrots into cubes; mix together, adding butter, salt and pepper; cover with the strained tomato and water; bake two hours in closely covered casserole, or a deep pudding dish will do. The bone from a roast or chops left over gives a fine flavor.—Mrs. H. G. Thyng, 326 East Mohawk street, St. Johns.

Vegetarian Sausage.

	Cost.
1 c white beans (½ lb.)	\$0.0750
1 c red Mexican beans (½ lb.) ..	.0750
¼ t soda	.0001
2 T salt	.0006
¼ T pepper	.0020
2 T butter	.0312
1 T chopped onions	.0010
¼ T finely minced garlic	.0001
2 eggs (cooking)	.0800
3 T flour	.0027
2 T lard (for frying)	.0174
Wood fuel, 2½ hours (½ use) ..	.0357

Serves six people\$0.3208
Or 5½ cents each.

Wash beans and soak them over night. In the morning drain off the water, cover with warm water and

The Woman's Page Alone Is Worth the Subscription Price of The Telegram

add a pinch of soda, cook 10 minutes, drain off water. Cover, cook till tender (about two hours.) Drain beans perfectly, dry and mash them; add the seasoning, pepper, onions fried in butter, 1 t salt; $\frac{1}{4}$ teaspoonful garlic rubbed to a paste, and 1 beaten egg. Mix thoroughly. Sprinkle two or three tablespoonfuls flour on a bread board, turn out the mixture on it and shape it into a roll about one inch thick. Then cut it in pieces about four inches long, shape like sausages, make a batter by mixing one tablespoonful flour with one tablespoonful of water, and beat in an egg. Put the sausages in one by one, roll so as to cover them all over with batter. Use a pancake turner and a fork to put them in the hot lard. Turn so as to brown nicely all over. This is good served with cold slaw.—Mrs. Helen Vana, 607 East Twenty-second street, South, city.

Escalloped Potatoes, Carrots and Onions to Serve With Meat Dinner.

	Cost.
2 lbs. potatoes	\$0.0400
1 lb. carrots	.0300
$\frac{1}{2}$ lb. onions	.0200
1 T flour	.0009
1 t salt	.0003
$\frac{1}{4}$ t pepper	.0010
1 T butter	.0156
$\frac{1}{2}$ cup milk	.0100
Electricity	.0050

To serve six people, cost ..\$0.1218
Or 2 cents each.

Peel and slice vegetables and place in pan or casserole, add salt and pepper. Mix flour with milk and pour on vegetables. Add butter. Bake in medium oven about 40 minutes. Serve in dish they are baked in.—Eulalee Tyrrell Fisher, 680 Tillamook street, Portland, Or.

Macedoine of Vegetables.

	Cost.
6 carrots, sliced (2 c)	\$0.0300
1 lb. small white turnips	.0250
2 cups dried potatoes (fried) ..	.0200
1 lb. sweet potato (mashed) ..	.0400
$\frac{1}{2}$ cup shortening	.0694
2 T flour	.0018
1 stalk celery	.0500
Juice $\frac{1}{2}$ lemon	.0100
Parsley from garden	.0000
$\frac{1}{2}$ cup milk	.0134
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
$\frac{1}{2}$ can peas	.0800
Wood fuel ($\frac{1}{2}$ time) 45 min. ..	.0255

Five persons

Or $7\frac{1}{2}$ cents each.

Slice carrots, dice turnips, cut up celery, cook in salted water until done. Make sauce of two tablespoonfuls butter, 2 tablespoonfuls flour, $\frac{1}{2}$ cup milk, adding lemon juice and pour over. Now cook and mash sweet potatoes, two cups, beat until light, add tablespoonful of butter. Pile this

around edge of hot platter. Then pile row of carrots, turnips and celery. Take two cups white potato cut in strips, cook three minutes, drain, plunge in ice water, fry and drain. Then arrange a row inside other vegetables and fill the center with 1 can peas drained, covered with two tablespoonfuls butter and garnish top with chopped parsley.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

Macedoine of Vegetables.

	Cost.
1 $\frac{1}{2}$ c carrots	\$0.0188
$\frac{1}{2}$ c turnips	.0063
1 $\frac{1}{4}$ c cooked peas (1 can)	.1500
1 T salt	.0008
Sauce for same—	
3 T butter or substitute	.0261
$\frac{1}{2}$ t salt	.0002
$\frac{1}{4}$ t pepper	.0010
3 T flour	.0027
1 c chicken stock (or water) ..	.0200
$\frac{1}{2}$ c cream (or milk)	.0400
2 egg yolks (1 egg)	.0400
$\frac{1}{2}$ T lemon juice (1 lemon) ..	.0210

Cost to serve 4 people

Scrape carrots and peel turnips; cut in strips or fancy shapes; cook in boiling salted water till soft, separately. Drain and add the peas. Repeat in the sauce. Melt the butter, stir in the flour and add the liquid gradually. Season to taste with salt and pepper, and just before serving add yolks of two eggs and one-half tablespoonful lemon juice.—Mrs. Lulu M. Welch, 1351 East Lincoln street, city.

Jellied Vegetables.

Not a salad.

	Cost.
1 T gelatine	\$0.0300
$\frac{1}{4}$ c sugar	.0106
$\frac{3}{8}$ c vinegar	.0062
2 t lemon juice (1 lemon)	.0250
1 t salt	.0003
$\frac{1}{2}$ c shredded cabbage	.0044
$\frac{1}{2}$ c cooked peas	.0400
$\frac{1}{2}$ c cucumber cubes	.0100
$\frac{1}{2}$ c cubes cold cooked beets ..	.0100
$\frac{1}{2}$ c diced boiled potatoes	.0100
Wood fuel, 15 min. ($\frac{1}{2}$ time) ..	.0041

To serve 3 persons costs....\$0.1506
Or 5 cents each.

Soak gelatine in $\frac{1}{4}$ cup cold water, dissolve in 1 cup boiling water, add seasonings, strain, cool, and when beginning to harden add the $\frac{2}{3}$ cups prepared vegetables, turn into a mold and chill thoroughly.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

BEANS.

New England Baked Beans.

I wish every house wife in Portland could say as Mrs. Welch does, in sending her recipes:

Herewith are recipes for next week's contest. These are most of them economical for me, as all the

vegetables mentioned were raised in our war garden and I have them canned or in the dry state.

	Cost.
2 c beans	\$0.2000
1 t mustard	.0083
1 t salt	.0003
1 T sugar	.0024
1 T molasses	.0060
$\frac{1}{4}$ c butter or lard	.0375
Gas to cook 7 hrs. (6 hrs. simmering, 1 hr. oven)	.0495

Total\$0.3040
Soak beans over night; in morning put in fresh cold water and parboil $\frac{1}{2}$ hour. Drain in a colander; mix mustard, salt, sugar, molasses and butter in cup, fill with boiling water, stir into beans, and place in earthen jar with cover and almost cover with water. Should bake seven hours, replenishing water as it boils away. As I use gas, I do not put in baking pot till last hour of cooking, but cook on simmerer, tightly covered, till nearly done; then finish in the oven, uncovered.—Mrs. Welch, 1351 East Lincoln street, city.

Eastern Baked Beans with Tomatoes

	Cost
1 qt. beans	\$0.2625
1 t soda	.0007
$1\frac{1}{2}$ lb. salt pork	.3000
1 pt. tomatoes	.0664
2 T molasses	.0054
1 t salt	.0003
1 T sugar	.0026
$\frac{1}{2}$ t pepper	.0041
Wood fire, 6 hrs., $\frac{1}{2}$ use	.0858

Cost\$0.7278
Soak one quart of beans in cold water over night, put them on to cook in the morning, covering with fresh cold water and putting in one teaspoonful of soda. Boil until skins begin to crack. Then drain thoroughly, cover with boiling water. Take one-half pound of salt pork, scrape and wash, cut off rind, slash across top one-half inch wide and one-half inch deep strips and sink it in beans. Add one pint cooked tomatoes, two tablespoonfuls brown sugar or molasses. More salt if needed. Cook slowly until beans begin to break skin, then put in jar with meat, showing the cut top. Sprinkle with a very little sugar, to help them brown. Pepper if liked.—Mrs. E. R. Sly.

Beans a la Texas.

	Cost.
1 c red or brown beans	\$0.0750
$\frac{1}{2}$ c minced onion	.0125
1 T salt	.0003
$\frac{1}{2}$ t paprika	.0062
3 T bacon dripping	.0468
1 T flour	.0009
Fuel in wood stove 2 hours ($\frac{1}{2}$ use)	.0286

Serves 4 people for\$0.1703
Or about 4 cents each.

Cook over night (or soak.) Leave on stove until the following is ready to stir in and cook 15 minutes. Salt should be added last. The beans will seem coated with the dressing.

Fry onion in dripping and add flour, stirring constantly until browned. Then add to cooked beans.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

Uncle Sam's Baked Beans.

	Cost.
1 qt. navy beans	\$0.3000
1 t salt	.0003
2 T brown sugar	.0052
1 t mustard	.0028
1 t white pepper	.0083
2 T butter	.0312
Fuel (wood $\frac{1}{2}$ use) 8 hours ..	.1144

Cost\$0.4622

Parboil beans 20 minutes, then place in bean pot with other ingredients and bake for eight hours, keeping the water level with the beans. Serve on platter with small square of brown bread for each person. Place a small piece of nicely browned pork on each square of bread, or serve individually in same style.—Mrs. C. G. Coupland, Estacada, Or.

Spanish Beans.

	Cost.
1 qt. red or brown beans	\$0.2000
2 c onions, sliced	.0500
1 qt. tomatoes	.1068
1 T salt	.0003
3 T lard or drippings	.0468
$\frac{1}{4}$ t pepper	.0021
$\frac{1}{2}$ t chili powder	.0041
Gas, about 5 hours	.0200

About 4 qts. beans cost\$0.4306

Cook beans in water until tender, drain and have onions frying in drippings; pour in the tomatoes when onions are tender, add salt pepper, and let simmer, then pour over the beans and cook until well flavored. Serve hot.—Mrs. Welch, 1351 East Lincoln street, city.

Dried Lima Beans.

	Cost.
1 c dried lima beans	\$0.0750
2 T butter	.0312
1 onion ($\frac{1}{2}$ cup)	.0125
1 t salt	.0003
$\frac{1}{2}$ t pepper, black	.0042
1 T flour	.0009
1 cup tomato	.0267
Fuel wood stove 45 minutes ($\frac{1}{2}$ use)	.0108

Cost\$0.1616

Cook over night (or soak if you use gas.) Leave on stove until ready to finish, drain, then brown in sauce pan with 1 T butter. Then in separate pan cook 1 tablespoonful butter with chopped onions, add one tablespoonful flour, stirring constantly, add 1 cupful stewed tomatoes and one-half teaspoonful black pepper. Add salt last. Combine with the beans and serve.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

STRING BEANS.**String or Green Beans.**

	Cost.
Fuel, gas 1 hour	\$0.0114
1 qt. beans	.1000
1 T drippings	.0082
1 t salt (to taste)	.0003
½ t pepper	.0010
½ c milk	.0134
2 t flour	.0006

Cost\$0.1349
Cut beans lengthwise once or twice, then crosswise, almost cover with boiling water; add butter and boil one hour. Water must reduce to about one-half cupful, blend flour and milk, cook up well and season. Salt may be added the last 15 minutes. (Grandmother said adding the butter when boiling would almost always make even old beans tender.)—Mrs. John Oatfield, Milwaukie, Or.

Spanish String Beans.

	Cost.
1 can string beans	\$0.2000
½ c chopped onion	.0083
1 clove garlic	.0001
1 can tomatoes	.2000
2 chopped green peppers	.0300
2 T lard	.0312
1 t salt	.0003
½ t pepper	.0010
Gas, simmering 15 minutes ..	.0028
Gas, 1 hour	.0040

Serves 8 people, cost\$0.4777
Saute the onion and garlic in the lard, add the other ingredients and cook one hour.—Mrs. J. L. Ringo, 790 East Ankeny street, city.

Creamed Beans.

	Cost.
1 qt. green beans	\$0.1000
3 pods okra (not in market) ..	.0000
1 small red pepper	.0001
1 t salt	.0003
1 c sweet cream	.1500
Gas ¾ hour	.0086

Cost\$0.2590
Boil one quart green beans, three pods of okra and one small red pepper for 35 minutes. Remove the pepper, drain the beans, add one teaspoonful salt, pour over all one cup of sweet cream heated to the boiling point, serve at once.—Mrs. G. Spencer, 1260 East Davis street, city.

BEETS.**Beets Saute.**

	Cost.
1 bunch beets	\$0.0500
1 T butter	.0156
½ t salt	.0001
½ t pepper	.0010
Gas, 15 minutes	.0028

\$0.0695

Slice cooked beets into hot butter, brown, season and serve hot.—Mrs. J. L. Ringo, 790 East Ankeny street.

Beets With Cream Sauce.

	Cost.
1 bunch white beets	\$0.0500
Cream sauce—	
1 c milk	.0268
1 T butter	.0156
1 T flour	.0009
1 t salt	.0003
Gas 1¼ hours	.0143

\$0.1079

Select sweet white beets and cook slowly in boiling water for one hour. Then take off the skin, dice them, cover with cream sauce and send immediately to the table.—Mrs. S. T. R.

Mineed Beets

	Cost.
1 bunch beets	\$0.0500
¼ t pepper	.0020
½ t salt	.0001
1 T vinegar	.0016
Gas to simmer 1 hour	.0040
	\$0.0577

Boil until tender, peel, chop, add the other ingredients and serve hot.—Mrs. J. L. Ringo.

Sliced Beets.

	Cost.
1 bunch beets	\$0.0500
¼ t pepper	.0020
½ t salt	.0001
1 T butter	.0156
Gas 1 hour simmering	.0040

\$0.0717

Slice into individual dishes, add pepper, salt and butter, serve hot.—Mrs. J. L. Ringo, 790 East Ankeny street, city.

Baked Beets.

Large beets may be put into an oven and baked the same as potatoes are baked. When done you will have to peel with a knife, serve same as boiled beets, but they are much sweeter because they have not lost their sugar in boiling. It is easier, too.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

Beets.

Old beets are nice cooked till tender, peeled and served in the following ways:

Chop and add pepper, salt, butter and a little vinegar and serve hot.

Slice and put in individual dishes: add pepper, salt and dot with butter and serve hot.

Slice and fry a golden brown in butter; add pepper and salt and serve.—Mrs. Welch, 1351 East Lincoln street, city.

Lady Bountiful Appears Every Saturday to Please You

CABBAGE.**Bavarian Cabbage.**

	Cost.
6 c cut cabbage	\$0.0528
½ c vinegar	.0125
1 T salt	.0008
1 T butter or bacon fat	.0156
1 T onion, minced	.0010
1 T sugar	.0026
½ t pepper	.0010
Gas (½ hour)	.0057

Cost\$0.0920

Fry the onion in the fat, add the other ingredients and cook 20 minutes.—Mrs. J. L. Ringo, 790 East Ankeny street, city.

Delicate Cabbage.

	Cost.
1 qt. cabbage	\$0.0352
1 t salt	.0003
½ pt. cream	.1500
Gas, 15 minutes	.0028

Total\$0.1883

Chop cabbage as you would for slaw, enough to make 1 quart; boil rapidly in just enough water to cover for 15 minutes, drain, add 1 t salt and ½ pint of cream; boil up and serve at once.—Mrs. G. Spencer, 1260 East Davis street, city.

My Favorite Cabbage.

Shred cabbage. sprinkle on half tablespoonful flour; season with salt, pepper and good-sized lump of butter (or lard). Cook in just enough water to avoid burning—just so you can see it below the cabbage. When tender, pour on a little vinegar. Add a beaten egg if you care to, but it is not necessary, and serve.—Mrs. Welch.

Lady Cabbage.

Chop cabbage fine, and boil for 20 minutes. Drain and reheat with liquid in proportion of half cupful milk, one tablespoonful butter, and pepper and salt to taste.—Mrs. Welch.

Smothered Cabbage.

	Cost.
5 c chopped cabbage	\$0.0440
3 T dripping	.0261
2 T flour	.0018
1 cup milk	.0268
1 t salt	.0003
½ t pepper (or 3 small chilis)	.0010
Wood fuel, 45 min. (½ use) ..	.0127

Cost to serve 5 persons ...\$0.1127

Or a little over 2 cents each.

Put butter in frying pan, add flour and stir until blended; gradually add milk, then put in cabbage and seasoning; mix thoroughly, draw to back of stove and cook 45 minutes; or it can be put in a casserole and baked.—Mrs. J. B. McCreary, 78 East Bufalo street, city.

Creamed Cabbage.

The cabbage should be shredded rather coarsely, cooked in boiling salted, water till tender, drained and served with white sauce, poured over it. It resembles cauliflower when cooked in this way.—Mrs. Welch, 1351 East Lincoln street, city.

Red Cabbage.

	Cost.
3 lbs. red cabbage	\$0.0525
1 t salt	.0003
2 T sugar	.0052
3 T vinegar	.0048
¼ t allspice	.0020
1 T butter	.0156
2 cooking apples	.0200
Fuel, wood, 2 hrs. (½ use) ...	.0286

Cost\$0.1290

Cut the cabbage fine, put in kettle with other ingredients and enough boiling water to cover half the amount of cabbage. Cook slowly for two hours, shaking the kettle occasionally to prevent sticking. Do not stir. If cooked until the water has evaporated it is fine. The apples may be omitted and Karo syrup used in place of sugar and shortening in place of butter these days.—Mrs. J. Hendricks.

Blue Cabbage.

	Cost.
2 lbs. cabbage	\$0.0350
¼ c vinegar	.0062
1 T flour	.0009
¼ T salt	.0001
1 T butter	.0156
Dash pepper	.0001
Gas, 35 minutes	.0058

Cost\$0.0637

Boil cabbage 30 minutes; drain; add vinegar, flour, salt, pepper and butter; cook a few minutes and serve.—Mrs. Nat Smythe, 443 East Thirty-eighth street.

Cabbage Souffle.

	Cost.
1 head cabbage	\$0.0500
1 cup grated cheese	.0750
2 T Crisco	.0174
2 T flour	.0018
1 c rich milk	.0268
2 eggs (fresh)	.1000
¼ t salt	.0001
¼ t mustard	.0002
Wood fuel 1 hour (½ use) ..	.0170

Will serve four.....\$0.2713

Shred cabbage coarsely and cook in salt water until tender, drain and place in buttered dish in layers with cheese, make a sauce with flour, butter and milk, add the egg yolks, well-beaten, the salt and mustard, let come to a boil, remove from fire, add the whites of eggs beaten stiff. Pour this over the cabbage and bake ½ hour. Mrs. M. E. Dittmar, 971 East Taylor street, city.

To Cook Sauer Kraut.

	Cost.
1 quart kraut	\$0.1500
1 T bacon drippings	.0102
1 apple	.0100
Fuel, gas, 3 hours, simmering	.0120

Will serve six people for..\$0.1822
Or 3 cents each.

Add apple (cut fine) to kraut, cover with boiling water. Let water reduce to minimum the last half hour, add drippings. The apple eliminates excess acid and adds flavor. Sauer kraut needs long, slow boiling to be digestible when cooked. Otherwise serve raw as salad with a little olive oil.

Serve with pork of any kind. I sometimes steam pork sausages with the sauer kraut.—Mrs. John Oatfield, Milwaukie, Or.

To Cook Sauer Kraut.

On cold days, sauer kraut, with or without wieners and dumplings tastes pretty good. Take two pounds sauer kraut, season with salt and pepper and cook with a very little water, shaking often to prevent sticking. Add the wieners after it starts boiling. I think everybody knows how to make dumplings and creamed potatoes. I drop the dough by spoonfuls and steam until done.—Mrs. J. Hendricks.

CARROTS.**To Cook Carrots.**

2 c sliced carrots	\$0.0450
1 T butter	.0156
½ t salt	.0001
1 t sugar	.0009
Parsley	.0000
Gas, 1 hour	.0114

Serves six at a cost of\$0.0730

Slice carrots, cover with cold water, add salt and sugar, let come to a boil, then cook slowly for an hour or until carrots are easily broken and water is nearly all out. Add butter and serve garnished with chopped parsley. Watch very carefully during latter part of cooking, as the sugar renders the carrots easily scorched.

White turnips, diced, may be cooked in the same way at practically the same cost.

It should be remembered that all such vegetables need soaking for at least two hours in cold water before cooking.—Mary T. Morrison, 752 Montgomery drive.

Creamed Carrots.

	Cost.
1 lb. carrots	\$0.0300
2 t salt	.0006
½ t pepper	.0010
1 c milk	.0268
1 T flour	.0009
Gas, 55 minutes	.0110

Cost\$0.0703

Scrape and wash the carrots; if large, split lengthwise into four pieces and cut into fine slices. Put them on to cook in boiling water, just enough to cover them; add one teaspoonful salt and boil 45 minutes. When done the water should have boiled away. Now add one cup milk, thicken with one tablespoonful of flour stirred smooth in a little milk, and season with salt and pepper. Of course, the addition of a piece of butter is a great improvement.—Mrs. Spencer.

Stewed Carrots.

	Cost.
2 lbs. carrots	\$0.0600
1 T butter	.0156
2 T sugar	.0052
Fuel, wood, ½ hour	.0057

Cost\$0.0865

Cut carrots in thin pieces. Cook in water 15 minutes. Drain off some of the water, add the sugar and butter, and simmer for 15 minutes more. Syrup may be used instead of sugar. —Mrs. J. Hendricks, 1001½ Corbett street, city.

Casserole of Carrots.

	Cost.
½ lb. rice	\$0.0500
2 lbs. carrots	.0600
½ pint milk	.0268
1 T butter	.0156
2 t salt	.0005
1 t flour	.0003

Serves six for.....\$0.1532
Or 2½ cents each.

Steam rice in double boiler, steaming until water is absorbed, add 1 t salt, ½ c milk. Let cook until this is absorbed and rice is fully swollen. Grease and mold with tiny bit of butter and place ¾ rice in, making a dish of it about 1½ or 2 inches thick. Cook carrots in barely salted water enough to cover. When tender they should be diced, add ½ c milk, thicken with 1 t flour and 1 T butter. Pour carrots in center of rice disk, cover with remaining ¼ of rice. Place mold in steamer for ¾ hour or put mold in pan of water, cover and place in oven for ½ hour. When done, loosen from mold and turn over on platter. Have 2 hard boiled eggs sliced. Serve casserole in slices with slice of egg on top and 2 spoonfuls of the following sauce poured on.

Thin white sauce—

	Cost.
½ t salt	\$0.0001
2 T butter	.0312
½ pint milk	.0268
1 T flour	.0009
2 hard boiled eggs	.1000

Cost of sauce\$0.1590

Cost of carrots and rice\$0.1532

Total cost\$0.3122

—Mrs. Kittie Goodall Turner, Corvallis, Or.

CAULIFLOWER.**Whole Cauliflower.**

	Cost.
1 head cauliflower	\$0.1000
2 T salt	.0016
1 pt. milk	.0535
1 T flour	.0009
1 T butter	.0156
Gas, simmering ½ hour	.0020

Cost\$0.1726

Cut all the waste from the cauliflower and lay head downward in cold salt water for one hour to make sure there are no snails or worms in the vegetable. Put the cauliflower on to cook in boiling water with one tablespoonful of salt; boil from 25 to 30 minutes; drain; take one pint of milk, thicken with one tablespoonful of flour stirred smooth in a little milk, add one tablespoonful of butter; pour over cauliflower and serve.—Mrs. Spencer, 1260 East Davis street, city.

Cauliflower au Gratin.

	Cost.
1 cauliflower.....	\$0.1000
1 cup milk	.0268
1 T butter	.0156
1 T flour	.0009
2 t salt.....	.0006
2 T grated cheese	.0094
Gas, ½ hour	.0057
15 minutes in oven	.0190

6 portions cost\$0.1780
Less than 3 cents each.

Let cauliflower stand in cold salt water one hour, then put on in kettle with three quarts cold water and one teaspoonful salt; boil 25 minutes or until done, being careful to keep it whole; take out carefully and drain; melt butter in a sauce pan, add flour, then add milk and cook until it thickens, then add salt; put cauliflower in shallow baking dish, pour over it the white sauce, sprinkle cheese over the top, then a dash of cayenne pepper; put in the oven and brown cheese; serve at once. Asparagus can be used instead of cauliflower if preferred.—Mrs. G. A. Roney, 287 Eugene street, Portland, Or.

Escalloped Cauliflower.

	Cost.
1 small cauliflower	\$0.1000
1 c cracker crumbs	.0300
1 c milk	.0268
1 oz. butter or oil	.0312
1 t salt	.0003
¼ t pepper	.0020
Gas—15 minutes oven	.0190
Top	.0019

Cost\$0.2112

Cut cauliflower in small pieces, boil in two cupfuls of water about 10 minutes with a little of the salt. Put in a baking dish alternate layers of the boiled cauliflower, cracker crumbs, salt, pepper and butter; add the milk and liquid of the cauli-

flower; sprinkle top with cracker crumbs; dot with butter and bake 15 minutes. Shredded cabbage can be used instead; both have the flavor of oysters when cooked in this way.—Mrs. Roberts, 1310 Clay street, city.

CORN.**Corn a la Southern.**

	Cost.
1 can corn	\$0.1500
2 eggs (cooking)	.0800
1 t salt	.0003
¼ t pepper	.0010
1½ t drippings	.0130
1 pint milk.....	.0535
Wood fuel, ½ hour (½ use) ..	.0085

Cost to serve 4\$0.3063

To one can chopped corn add two eggs slightly beaten, one teaspoonful salt, one-eighth teaspoonful pepper, one and a half tablespoonfuls melted butter, one pint scalded milk. Turn in buttered pudding dish and bake in slow oven till firm.—Mrs. Welch, 1351 East Lincoln street, city.

Corn Fritters.

	Cost.
1 c corn	\$0.0080
1 c bread crumbs	.0150
½ c sweet milk	.0134
½ t pepper	.0010
1 egg	.0400
1 T Crisco	.0087
Gas to fry 20 minutes	.0085

Total\$0.1668

One c cold corn, 1 c cracker or bread crumbs, ½ c sweet milk, salt, pepper, 1 egg, 1 T melted Crisco or Wesson's oil; mix together and dip up with a tablespoon and fry in Crisco. Drain on paper.—Mrs. Hugh Latimer, 768 Johnson street, city.

Corn Chowder and Dumplings.

	Cost.
¼ lb. salt pork.....	\$0.0500
1 onion	.0060
2 diced potatoes.....	.0125
1 pint corn pulp.....	.0625
1 c tomatoes.....	.0300
2 stalks celery (diced).....	.0126
1 pt. milk.....	.0400
1 T butter.....	.0150
1 tiny red pepper.....	.0020
1½ T salt.....	.0012
1 c flour (large).....	.0180
1 R t baking powder.....	.0036
1 carrot (diced).....	.0040
Wood fuel, 45 min., (½ use) ..	.0123

Cost to serve 6 persons.....\$0.2697

About 4½ cents each.

Cut up diced pork and fry in the kettle till crisp, to which add minced onion and fry light brown. Add potatoes (not cut fine), corn pulp, tomatoes, celery, carrot, small red pepper or 6 pepper corns, tablespoonful salt, quart of water and boil.

Take cup of flour with the baking powder and teaspoonful of salt; sift twice and add water to make drop

dumplings. When the vegetables are nearly done pull the kettle aside, and add the hot milk. As soon as the mixture ceases boiling drop in the dumplings by teaspoonfuls. (Should be at least 12.) Return kettle to heat till dumplings are done.—Mrs. Hannah McCorkle, 331 Ash st., McMinnville, Or.

Mock Crabs From Corn.

	Cost.
1 can corn	\$0.1500
4 t shortening	.0116
½ c flour	.0091
1 t salt	.0003
¾ t mustard	.0021
¼ t paprika	.0031
1½ c milk	.0402
1 egg, slightly beaten	.0500
3 t Worcestershire sauce	.0096
½ loaf stale bread cubes	.0300
Wood fuel, 45 min. (½ use) ..	.0200

Cost for 4 persons\$0.3240
Or 8 cents each.

Combine flour, butter, mustard, salt, etc.; blend and boil up after adding corn, milk and egg; pour the mixture in a baking dish, cover with bread cut in cubes and bake. This is a hearty, appetizing dish.—Mrs. McCreary, 78 East Buffalo street.

Corn Pudding.

	Cost.
1 can corn	\$0.1800
3 eggs	.1500
1 T butter	.0156
1 t salt	.0003
1 t sugar	.0009
¼ t pepper	.0021
1 pt. milk	.0535
Wood fuel, ½ hour	.0085

To serve 4 costs\$0.4109

Put corn in bowl, add yolks of eggs, milk, pepper, salt, sugar, butter melted or broken in small pieces. Mix well together and add the whites of eggs beaten very stiff. Fold in lightly and turn the mixture into buttered pudding dish and bake one-half an hour or until firm to the touch.—Mrs. M. E. Dittmar, 971 East Taylor street, city.

Corn and Sweet Pepper.

	Cost.
2 c corn (sweet)	\$0.2000
1 sweet pepper, green or red ..	.0001
2 slices of bacon	.0500
1 t butter or oil	.0032
1 t sugar	.0009
1-3 t salt	.0001
Fuel	.0019

Cost\$0.2562

Mince the bacon, put in hot pan. Add 2 cupfuls of corn, chopped pepper, salt, sugar and butter. I like a dash of cayenne. Add ½ cupful of water. Cook on top of the stove about 10 minutes. Don't let it get too dry, but don't have it too wet. Canned corn can be used when one can't get the fresh sweet corn.—Mrs. W. S. Roberts.

ONIONS.

Baked Onions.

Peel, slice and put into cold water, let come to a boil; drain. Pour boiling water over them, add salt when well done, drain. Now they can be put into a baking dish with a little butter, salt and pepper and chopped parsley, covered with bread crumbs and baked 20 minutes before serving. Or add a cup of milk to the onions in the kettle in which they were cooked, stir one tablespoonful of butter into 1 tablespoonful of flour and add to the onions and milk. Season with chopped parsley, salt and pepper and serve.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

Baked Onions.

This may find favor with the mothers that are as busy as I am. Select as many onions that are about ½ the size of an egg, as one wishes to serve their family; put them in the oven just as they come from the garden or store room, and bake one hour. When ready to serve, if you do not like their appearance on the table with their jackets on, cut off the small root part, press the onion and the inside will slip out whole. Place in deep dish, add salt, pepper and a little butter and serve.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

Stuffed Onions.

	Cost.
6 large onions (3 lbs. 10c)	\$0.0500
½ cup milk	.0134
1 egg yolk (½ egg)	.0200
½ cup bread crumbs	.0075
½ cup cracker crumbs	.0150
2 T drippings	.0164
¾ t paprika	.0031
Wood fire, 1 hour (½ use)	.0154

Cost to serve 6 persons\$0.1408

Or 2 1-3 cents each.

Boil onions in salted water until tender, but not broken; remove centers and chop them and mix with crumbs, milk, eggs, butter and seasoning. Stuff onion shells with this mixture and bake 45 minutes.—Mrs. McCreary, 78 East Buffalo street, city.

Smothered Onions.

	Cost.
4 c onions, pared and sliced ...	\$0.0668
2 T compound	.0174
1 t salt	.0003
¼ t pepper	.0010
Wood heat, ½ hr., (½ use) ..	.0085

Cost to serve 4\$0.0940

Put the drippings in an iron or heavy pan; add the onions. Cover the pan and put over a slow fire until the onions are tender—about 20 minutes. Remove the cover; add salt and pepper; increase the heat and

slightly brown. They must not be hard. Serve around Hamburg steak or boiled rice.—Mrs. Welch, 1351 East Lincoln street, city.

Scalloped Onions.

	Cost.
2 lbs. onions	\$.0666
1 c bread crumbs	.0150
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
1 pt. milk	.0535
Gas, 1 hr., simmering	.0040
Gas, oven, 15 minutes	.0190

Cost

Boil 6 large onions until tender; afterwards separate with a large spoon; then place a layer of onions and a layer of grated bread crumbs alternately in a pudding dish; season with pepper and salt to taste; pour 1 pint of milk over the top, put in the oven and bake about 10 minutes, or until the top is brown.—Mrs. G. Spencer, 1260 East Davis street, city.

Creamed Onions.

Boil little onions till tender; then add them to white sauce made in the proportion of one tablespoonful flour, one tablespoonful butter, one cupful milk, salt and pepper to taste.—Mrs. Welch, 1351 East Lincoln street, city.

Boiled Onion Pudding.

This is an old-fashioned English dish. It is good and economical. I have never heard of it in this country. Makes a full dinner for six people by serving a little dessert.

	Cost.
3 c flour	\$.0423
1-3 lb. suet	.0500
1 t salt	.0003
2 t baking powder	.0072
$1\frac{1}{2}$ lbs. onions	.0509
1 T butter	.0156
$\frac{1}{4}$ t pepper	.0021
Wood fuel ($\frac{1}{2}$ use), 4 hours ..	.0572

Cost

Make a crust of the first four ingredients. Chop the suet fine. Have the dough stiff enough not to be sticky. Roll one-third of an inch thick. Wring pudding cloth out of hot water, lay in dish, sprinkle lightly with flour, then put in onions sliced lengthwise, heaping them. Season with pepper and one-half of the salt (one-half teaspoonful) or more if liked. Bring the dough together, pressing with hands to exclude all the air; moisten if necessary and pinch firmly to make water-tight. Tie the cloth, leaving a little room to swell. Plunge in a kettle of boiling water, putting an old plate in the bottom, and boil four hours, adding a little hot water when needed. Do not remove the lid while boiling. When serving season with butter.—Mrs. W. E. Smith, Galvin, Wash.

PARSNIPS.

	Cost.
1 bunch parsnips	\$.0333
$\frac{1}{2}$ c flour	.0070
$\frac{1}{2}$ c milk	.0134
$\frac{1}{4}$ t salt	.0001
1 T lard	.0156
Wood, $1\frac{1}{2}$ hours ($\frac{1}{2}$ use)	.0214

Cost

Boil until tender; then slice thin; dip in batter made from flour, milk, salt and pepper; fry in hot lard until brown and serve.—Mrs. Nat Smythe, 443 East Thirty-eighth street, city.

Parsnips.

1—Peel, remove the core, boil 40 minutes; when done, drain, roll in flour and fry a golden brown in Crisco or dripping.

2—Take the boiled parsnips, put some dripping in a pan, lay parsnips on it, cover with thin slices of bacon, sprinkle with salt and pepper and bake 20 minutes in hot oven.

3—Boil parsnips enough to make one pint, mash, add four T flour, half teaspoonful baking powder, one beaten egg and one T cream. Mix into balls and fry in deep fat.

Smothered Parsnips.

	Cost
1 qt. parsnips	\$.0668
1 slice bacon	.0500
1 T compound	.0087
1 T sugar	.0026
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
Wood fuel, $\frac{1}{2}$ hr. ($\frac{1}{2}$ use)	.0085

Cost to serve 4

Peel and slice one quart parsnips. Cut up one good-sized slice of bacon into dice and fry out with one tablespoonful compound. Place parsnips in the pan; add one tablespoonful sugar, and salt and pepper to taste. Add one cupful hot water and cover. Do not let them burn, and turn once. Brown slightly.—Mrs. Welch.

PEAS.

Peas in Cream Sauce With Mint.

	Cost.
1 can peas	\$.1500
1 T flour	.0009
3 T dripping	.0246
1 c milk	.0268
1 t mint (from garden)	.0000
1 t salt	.0003
$\frac{1}{4}$ t pepper	.0010
$1\frac{1}{2}$ loaf bread	.0300
Wood fuel, 15 minutes ($\frac{1}{2}$ use)	.0043

Cost for four persons

Or 6 cents each.
Drain 1 can peas, put in saucepan 3 T butter and 3 t flour; stir until blended, then pour on 1 cup milk. Bring to boiling point and add chopped mint leaves and pepper. Serve in box shaped croutons of toast.

ed bread.—Mrs. J. B. McCreary, 78 E. Buffalo street, city.

Pea Loaf.

	Cost.
1 c pea pulp (home canned) ..	\$.0200
1½ c bread crumbs	.0187
1½ c milk	.0335
2 T sugar	.0052
¼ c onion juice (1 c onion) ..	.0250
½ t salt	.0002
1 egg	.0400
4 T melted butter	.0624
Gas, 30 minutes	.0127

Cost\$.0227
Mix all together; bake in loaf and serve with tomato sauce as follows:

	Cost.
Cost of loaf	\$.0227
½ c juice and pulp tomatoes ..	.0134
½ T butter	.0078
½ T flour	.0004
¼ t salt	.0001
Gas to cook, 10 minutes	.0019

Making a total of\$.02463
Serving 4 people at 6c each.—Joyce L. Hays, 475 Clay street, city.

Peas in Turnip Cups.

Select nice smooth turnips, 3 or 3½ inches across.	
	Cost.
6 nice turnips	\$.01000
1 lb. can peas	.2000
1 T butter	.0156
¼ pt. milk	.0134
1 T flour	.0009
2 t salt.....	.0005

Serves 6 for\$.03304
Or 6½ cents each.

Pare and shape your turnips into handleless cups, saving the parts scooped out for soup. Boil in salted water until just tender, lift from water, pour ½ T melted butter over outsides. Turn peas into saucepan, heat, add flour moistened in milk, let boil one minute, add ½ t salt, ½ T butter, pouring in also what drains off of turnips.

Place turnip cups on platter, surrounded by parsley or cress, and heap them full of peas. Serve one to each. Use a straw to discover when turnips are tender.—Mrs. Kittie Goodall Turner, Corvallis, Or.

PEPPERS.

Green Peppers.

	Cost.
2 lbs. peppers	\$.01500
1 t onion	.0003
1 t salt	.0003
½ can tomatoes at 15c	.0750
Gas, medium, 10 minutes	.0042
Gas, simmering, 1 hour	.0040

Cost\$.02338

Wash and remove seeds from peppers; halve and put in stewpan, add tomatoes and cook over hot gas for 10 minutes. Add onions and salt and simmer one hour. Serve as a side dish with a roast.—Mrs. M. Bellino, 466 East Mill street, city.

POTATOES.

Potatoes En Casserole.

	Cost.
2 lbs. potatoes (2c lb.).....	\$.0400
1 t salt.....	.0003
½ t pepper.....	.0010
2 t onion	.0006
2 eggs, 48c doz.....	.0809
¼ pt. milk (at 6c pt.).....	.0150
¼ lb. salt pork.....	.0500
Gas—Top, ½ hr.....	.0057
Oven, ½ hr.....	.0127

Serves 6 at a cost of\$.02053

Use small potatoes, peel and quarter; boil in hot water half hour; drain and run through ricer; season; add eggs, well beaten; stir in milk and onions; put in small baking pan or casserole.

Slice salt pork in two thin slices and lay on top of potatoes; bake half hour in medium oven. Serve in casserole or pan.—Mrs. M. Bellino.

Escaloped Potatoes.

	Cost.
2 lbs. potatoes	\$.0400
2 T flour	.0018
1 t salt	.0003
½ t pepper	.0010
1½ c milk	.0402
1 T drippings	.0087
Wood fuel 45 min. (½ use) ..	.0155

To serve 6 people, cost\$.01075

Or a little over 1½c each.

The potatoes should be peeled and sliced. Put half of the potatoes in a baking dish or casserole. Then sprinkle with flour, salt, pepper and drippings; add the remainder of the potatoes and season in the same way; then pour the milk over all; bake in the oven about 45 minutes or until the potatoes are tender. They should be served in the dish they are baked in.—Mrs. Lillie E. Schroeder, 1014 West Eighth street, Vancouver, Wash.

Escaloped Potatoes.

	Cost.
3 lbs. sliced potatoes	\$.06600
1 qt. skim milk	.0250
1 T butter	.0156
1 t salt	.0003
¼ t pepper	.0020
Fir wood, ¾ hr. (½ use)	.0170

Costs\$.01199

—Florence H. Dusenberry.

(No directions for preparation were sent with this recipe. We will take it for granted that every one knows them.)

Potato Dumplings.

	Cost.
1 qt. raw potatoes	\$.0400
1 t salt	.0003
1 qt. mashed potatoes	.0400
Gas, 15 minutes	.0028

Cost\$.0831

Grate the potatoes and put into a small salt sack and squeeze partly dry, saving the water in a bowl and

letting stand 10 minutes. Pour off water and save the starch, which add to the grated potatoes. Now mix the raw potatoes and the hot mashed ones and knead and mold into dump-lings. Drop into boiling water and cook for 15 minutes. Lift out with skimmer and serve with a roast. Left over, they may be sliced and fried.—Mrs. Monica H. Wesoloeski, 1648 Mar-ket street, Salem, Or.

Potato Croquettes.

	Cost.
1 pt. cold mashed potatoes	\$0.0232
$\frac{1}{8}$ t pepper	.0010
$\frac{1}{2}$ t salt	.0001
$\frac{1}{8}$ t nutmeg	.0016
1 T butter	.0156
4 eggs	.1600
Parsley (from garden)	.0000
$\frac{1}{2}$ c bread crumbs	.0075
1 T drippings	.0056
Gas to cook	.0028

\$0.2174

Season cold mashed potatoes with pepper, salt and nutmeg. Add a table-spoonful of butter to each pint of po-tato and then beat to a cream. Bind with two or three beaten eggs; add some minced parsley. Roll into oval balls, dip in beaten eggs, then in bread crumbs.—Mrs. B. Hartsig.

Potato Cakes.

	Cost.
4 lbs. potatoes	\$0.0800
1 large onion	.0167
1 T salt	.0008
1 T flour	.0009
2 T lard	.0312
$\frac{1}{2}$ c milk	.0134
Gas, 40 minutes	.0076

To serve 6 people costs ...\$0.1506

Peel and grate potatoes and onion; dip out about one cupful of water; add flour and salt, and bake like hot cakes.—Mrs. Nat Smythe, 443 East Thirty-eighth street, city.

Potatoes Baked in Milk.

	Cost.
2 c potatoes	\$0.0200
1 c milk	.0268
$\frac{1}{2}$ t butter	.0016
$\frac{1}{4}$ t salt	.0001
Dash of pepper	.0001
Wood, 30 minutes ($\frac{1}{2}$ use)	.0102

Serves 3 people at cost of ..\$0.0588
Or 2 cents each.

Peel and slice potatoes; put in shal-low dish; add milk, butter, salt and pepper; bake and serve.—Mrs. Nat Smythe.

Potato Balls.

	Cost.
2 lbs. potatoes	\$0.0400
$\frac{1}{4}$ c milk	.0134
$\frac{1}{4}$ c potato starch	.0093
$\frac{1}{4}$ t salt	.0001
1 T butter	.0156
Gas, 30 minutes	.0057

To serve 6 people, costs ...\$0.0841

Boil and mash potatoes, adding starch, milk and salt. While hot, form into balls about one inch across. Drop in hot skillet, greased with but-ter.—Mrs. N. Smythe, 443 East Thirty-eighth street, city.

Holland Potato Dumplings.

	Cost.
3 c potatoes	\$0.0300
1 t salt	.0003
$\frac{1}{2}$ t nutmeg	.0042
2 eggs	.1000
2 T flour	.0018
3 T drippings	.0300
$\frac{1}{2}$ loaf bread	.0300
Fuel, wood, $\frac{3}{4}$ hr. ($\frac{1}{2}$ use) ..	.0128

Cost to serve six people...\$0.2091
Or 3 $\frac{1}{2}$ cents each.

Boil the potatoes in their skins, pare, and when cold grate and meas-ure three cupfuls. Take one-half of the bread (which should be at least 24 hours old) and grate into the grated potatoes. Now take the other half of the bread and cut into tiny cubes, as for crotons, and add to the melted fat and fry until crisp and brown, and add to the potatoes. Next add flour, salt, nutmeg and well-beaten eggs. Work up to a smooth dough and roll into 12 round dump-lings. Have a large kettle half filled with rapidly boiling water and drop the dumplings in, and boil until they come to the surface, which will be about 15 minutes.

This will serve six people liberally and is such a substantial dish that much less meat will be eaten than when potatoes are cooked in any other way.—Mrs. Frank T. Barlow, 266 North Twenty-sixth street, Port-land, Or.

Potato Dumplings.

	Cost.
15 lbs. potatoes	\$0.3000
2 T salt	.0016
2 c stale bread	.0300
Wood fire, 1 hour ($\frac{1}{2}$ use) ..	.0143

Cost\$0.3459
Will make three meals for six peo-ple.

Take quarter of the potatoes, cook, mash and put in oven to brown; toast and dice the bread; grate the balance of the potatoes, put through a sack,

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squeeze out most of the water, then add the hot potatoes, bread and salt, form into balls about the size of a baseball, drop into kettle of boiling water and boil half hour. After boiling a few minutes, raise them up with a spoon, so that they won't stick to the bottom of the kettle; serve with meat and gravy; but they are best when cold, cut up and fried. The water the potatoes were boiled in will make an excellent soup with the addition of a few vegetables.—Mrs. Nat Smythe, 443 East Thirty-eighth street, city.

To Make Potato Starch.

If the water which was drained off the raw grated potatoes is allowed to settle, about a cupful of potato starch will be found in the bottom of the dish. Several changes of water should be put on this starch until it is perfectly clean and pure white; then it may be dried and used in place of corn starch for thickening soups, etc.—Mrs. Nat Smythe.

Potato and Onion Pie.

Slice peeled potatoes and onions alternately in baking dish, season with butter, pepper and salt, enough milk to cover, and set on stove while preparing crust for top.

	Cost.
1 lb. potatoes	\$0.0200
1 lb. onions	.0333
1 T butter	.0156
1 t salt	.0003
$\frac{1}{8}$ t pepper	.0020
$\frac{1}{2}$ c milk	.0402

\$0.1104

	Cost.
1 c flour	\$0.0141
$\frac{1}{2}$ t salt	.0001
1 T lard	.0094
$\frac{3}{4}$ c milk	.0201
2 t baking powder	.0072
Wood, 25 min. ($\frac{1}{2}$ use)	.0082

Cost of crust	\$0.0591
Cost of vegetables.....	.1104

Cost for 4 people	\$0.1695
Or a little over 4 cents each.	

Sift the dry ingredients, mix in the lard with the fingers, add the milk, and roll into a crust to fit top. There should be an opening in top to permit steam to escape. Bake about 25 minutes.—Mrs. Lulu M. Welch, 1351 East Lincoln street, city.

Potato Patties.

	Cost.
2 c cold mashed potatoes	\$0.0200
1 egg	.0400
1 T flour	.0009
1 T milk	.0017
$\frac{1}{4}$ t salt	.0001
1 t lard	.0052
Gas, 10 minutes.....	.0019

Cost\$0.0698

Mix potatoes, eggs, flour and milk and salt; form into patties and fry to a nice brown on both sides.—Mrs. Nat Smythe, 443 East Thirty-eighth street, city.

Potato Baskets.

	Cost.
3 c mashed potato	\$0.0141
3 T butter	.0468
$\frac{1}{4}$ c milk	.0067
1 t salt	.0008
3 eggs	.1200
Parsley (from garden)	.0000
Wood fire 15 min. ($\frac{1}{2}$ use) ..	.0043

Cost to serve 8\$0.1860

To the potatoes add the butter, salt and the yolks of eggs slightly beaten, and enough milk to moisten. Shape in form of small baskets; brush over with white of egg slightly beaten and brown in oven. Form handles for the baskets with parsley.

At a literary breakfast these were served filled with creamed chicken and garnished with parsley. They were extremely dainty and delicious.—Mrs. Welch.

Potato Hash.

	Cost.
4 medium potatoes'	\$0.0200
1 medium onion	.0083
$\frac{3}{4}$ t salt	.0002
$\frac{1}{8}$ t pepper	.0010
2 T grease for frying	.0174
Wood fire $\frac{1}{2}$ hour ($\frac{1}{2}$ use) ..	.0085

Cost to serve 4\$0.0380

Chop the potatoes and onion quite fine and put in the skillet, which should have in it the hot grease. Spread out evenly and cook very gently for about 10 minutes, being careful not to burn. Turn once and finish cooking in the oven, about 10 minutes.—Mrs. Lulu M. Welch, 1351 East Lincoln street, city.

SWEET POTATOES.

Sweet Potato Cakes in Batter.

	Cost.
2 lbs. sweet potatoes	\$0.0800
$\frac{1}{4}$ c flour	.0070
$\frac{1}{2}$ c rye flour.....	.0094
$\frac{3}{4}$ c milk	.0201
1 egg	.0500
2 T lard for frying	.0312
1 t salt	.0003
Wood fuel, 45 min. ($\frac{1}{2}$ use) ..	.0123

Cost for 5 persons\$0.2103

Or about 4 cents each.

Cut potatoes in $\frac{1}{2}$ slices (not cooked), roll in batter which, if it is left over from breakfast pancakes, is all the better, but it should be stiffer than for pancakes; fry until done and serve. This is especially fine, good enough for first prize and liked by everyone. Celery cut in suitable lengths can be served the same way, fried in batter.—Mrs. McCreary, 78 E. Buffalo street, city.

Browned Sweet Potatoes.

Boil some sweet potatoes till done, peel and split them; put them in a flat pan and baste well with some water and melted sugar, put tiny bits of butter over them and bake until a rich brown.—Mrs. Welch.

Sweet Potatoes au Caramel.

Boil and proceed as before, but put in baking dish, which may be sent to the table. Dredge with 2 T flour, 2 t cinnamon; dot with 4 T butter cut in bits, sprinkle with 4 T sugar and pour over all a cup of hot water. Bake till brown.—Mrs. Welch, 1351 E. Lincoln street, city.

RADISHES.**Delicious Radishes.**

Some time when you roast a piece of beef or pork, take the long, white radishes (Japanese), peel and slice about one-quarter inch in thickness, dredge with flour and put around the roast in the gravy, sprinkle with salt and pepper. They will take about 40 minutes to bake. Turn them over once so as to have them brown. They taste like oysters and we think they are fine.—Mrs. Spencer, 1260 East Davis street, city.

SUCCOTASH.**Succotash With Dumplings.**

	Cost.
1-3 lb. lima beans	\$.0600
½ c corn (2 for 25c)	.0875
1 t salt	.0003
½ t pepper	.0021
1 T butter	.0312
1 cup milk	.0268
Gas, 15 minutes	.0008
Gas, simmering	.0080
Dumplings—	
1 cup flour	.0141
1 t baking powder	.0036
1 t salt	.0003
1 T Crisco	.0087
¼ cup milk	.0067
Gas, oven, ½ hour	.0128

For 4 persons, cost\$.02629

Or 6½ cents each.

Soak beans over night in two quarts cold water; wash and put to cook in boiling water to cover well; heat to boiling point, then let simmer until tender (covered), adding water as needed; when cooked there should be only about a cup of thick liquid in the kettle; add one-half teaspoonful salt about half an hour before beans are done; when cooked add corn, butter and milk; heat up very hot, then add salt and pepper. Pour in casserole and put in hot oven; sift flour, baking powder and salt together, rub in Crisco and stir in milk, drop by spoonfuls into hot succotash

and bake until dumplings are browned on top and well done.—Mrs. G. A. Roney.

Baked Succotash.

	Cost.
1 pt. dried lima beans	\$.0750
1 pt. canned corn	.1500
2 c dried bread crumbs	.0300
1½ t salt	.0004
¼ t pepper	.0020
1 pt. milk	.0700
¼ lb. salt pork	.0500
Gas to bake 1 hour	.0255

Cost\$.04029

Cook one pint of dried lima beans until they are very tender. Put a layer of the beans, one of canned corn (or green corn cut from cob) and one of the fine bread crumbs in a baking dish, seasoning with salt and pepper. Continue the layers in this way, having the last layer of crumbs. Pour on milk until you can see it around the edge, but not to cover. Cut small strips of fat salt pork and arrange around the edge, so they radiate towards the center. Bake one hour in a moderate oven and brown on top.—Mrs. H. A. Putnam.

Succotash.

	Cost.
1 c lima beans	\$.0375
1 t salt	.0003
1 c canned corn	.0750
½ t pepper	.0010
1 T butter	.0156
1 c thin cream	.1500
Gas, ½ hour	.0057

Cost\$.02851

Cook a cupful of lima beans in salted water until almost done, then add the corn cut from five ears of tender sweet corn. Cook 15 minutes, stirring constantly. The water should nearly all have cooked away by this time. Now add a little pepper, a chunk of butter about the size of a walnut and a cupful of thin cream. Let boil up and serve. The beans should not be cooked too much or until they are mushy.—Mrs. Fred W. Mayne.

Succotash.

	Cost.
1 lb. lima or butter beans	\$.02000
9 ears of corn	.2000
1 T butter	.0156
1 t salt	.0003
¼ t pepper	.0020
½ c cream	.0400
Gas 1½ hours	.0143

Cost for 9 people\$.04722

Or 5¼ cents each.

Put the beans in the kettle with one quart of cold water. Cut the corn from the cobs, put the cobs in with the beans and boil one hour. Now take out the cobs, put in the corn and boil 15 minutes; add the butter, seasoning and cream and serve hot. This will serve nine people.—Mrs. Spencer.

SALSIFY.

Escalloped Salsify.

Boil with $\frac{1}{4}$ the quantity of onions, drain, mash, moisten with milk, season with butter, salt and pepper and put in baking dish. Cover with crumbs and bake in a quick oven 10 minutes and serve.—Mrs. Williams.

Boil salsify in salted water and drain. Put 2 tablespoonfuls butter in skillet, when hot add one teaspoonful of flour, brown, turn in your salsify, stir, add salt, pepper and chopped parsley and serve.—Mrs. W. W. Williams, 1044 Rodney avenue, city.

TOMATOES.

Second prize—For the best recipe for cooking any vegetable to use as a side dish, or accompaniment of meat at a dinner was won by Mrs. Hugh Latimer, 768 Johnson street, city, with the following recipe:

Mrs. Latimer says: We have several meatless days and I am sending you our favorite substitutes.

Fried Tomatoes.

	Cost.
4 large tomatoes (2 lbs.)	\$.01500
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
2 T corn meal	.0035
2 T Crisco	.0174
Cream sauce— $\frac{1}{2}$ of Mrs. Spencer's recipe	.0415
Gas to fry 20 minutes	.0085

Cost for 5 persons\$.0222
Or 4 $\frac{1}{2}$ cents each.

Take four large tomatoes, slice them about $\frac{1}{2}$ inch thick, salt and pepper them liberally; dip in corn meal and fry in hot Crisco or bacon grease; lay on toast and pour cream sauce over all. Serve hot. Enough for five people.—Mrs. Hugh Latimer.

Tomatoes as a Meat Substitute.

	Cost
2 c broken macaroni	\$.0500
1 can tomatoes	.1800
2 c cheese	.1500
1 t salt	.0003
Gas, 30 min. (top)	.0057
Gas, oven, 15 minutes	.0190

Cost\$.04050

Boil macaroni in as little water as possible for 25 minutes. Put the tomatoes through colander and add to macaroni; heat through, then add cheese and stir until melted. Put into a greased baking dish and place in oven for 15 minutes.—Mrs. Alice Kinney.

Fried Tomatoes.

Now is the season for half-ripe tomatoes. Herewith is a splendid way to cook them: Cut firm tomatoes in inch thick slices; sprinkle with salt, pepper and a little sugar; dip in flour or bread crumbs, and fry brown

in hot fat. Remove carefully to slices of buttered toast, and into the liquid left in the frying pan stir a tablespoonful of flour; then add milk sufficient to make a cream sauce. Season to taste; pour over the tomatoes; sprinkle with chopped parsley and serve.—Mrs. Roberts, 1310 Clay street, city.

Turkish Pilaf.

	Cost.
$\frac{1}{2}$ c rice	\$.0250
1 T butter	.0156
1 c water	.0000
$1\frac{1}{4}$ c tomatoes	.0581
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0010
Wood to cook 20 min. ($\frac{1}{2}$ use)	.0051

Cost of pilaf to serve 4\$.01051

Half cupful rice, washed and drained, and one tablespoonful butter. Cook rice in the butter till brown; add one cupful boiling water and steam until water is absorbed. Add one and three-quarters cupfuls hot stewed tomatoes; cook until rice is soft. Season with salt and pepper and serve.—Mrs. Welch, 1351 East Lincoln street, city.

Tomato Cup with Corn Cream Filling.

	Cost.
1 can corn	\$.01800
2 lbs. tomatoes	.1000
2 eggs	.1000
1 T butter	.0156
$\frac{1}{4}$ cup bread crumbs	.0038
1 t salt	.0003
$\frac{1}{4}$ t paprika	.0032
Fuel (wood) $\frac{1}{2}$ hour	.0085

Will serve six for.....\$.04114

Mix corn and well beaten eggs together, add the salt and paprika. Wash and wipe tomatoes (there should be a dozen), cut a slice from the stem end and with a teaspoon remove greater part of pulp, dust inside very lightly with pepper and salt, fill with the corn, cover with bread crumbs, dot with the butter and bake $\frac{1}{2}$ hour; remove to hot platter and garnish with parsley from garden; or they may be served on rounds of buttered toast.—Mrs. M. E. Dittman, 971 East Taylor street.

To use tomato pulp from above:

Escalloped Tomato and Cheese.

	Cost.
1 lb. tomatoes	\$.0500
1 c grated cheese	.0750
2 T butter or drippings	.0312
2 T flour	.0018
1 c bread crumbs	.0150
$\frac{1}{2}$ t salt	.0002
$\frac{1}{4}$ t paprika	.0032
1 c hot water	.0000
Fuel (wood) $\frac{1}{2}$ hour, $\frac{1}{2}$ use	.0085

Cost to serve 3 or 4.....\$.01849

Make a sauce by blending flour and butter together, add the hot water, salt and paprika. Let come to a boil. Put layer of bread crumbs in buttered

baking dish, cover with sliced tomato, then a layer of bread crumbs, followed by grated cheese. Continue until dish is full, having a generous sprinkling of grated cheese on top; pour over the hot sauce and bake in moderate oven $\frac{1}{2}$ hour or until nicely browned.—Mrs. M. E. Dittmar, 971 East Taylor street.

Tomato Chowder. Cost.

$\frac{1}{2}$ c rice.....	\$0.0250
1 c macaroni.....	.0250
1 c onion.....	.0167
$\frac{1}{4}$ lb. bacon.....	.1200
1 pint tomatoes.....	.0664
1 t salt.....	.0003
$\frac{1}{8}$ t pepper.....	.0001
Gas, 1 hour.....	.0114

Cost\$0.2649

Cook the rice and macaroni until done. Dice the bacon and fry with the onion until brown. Add the macaroni and rice (and 1 cup water if necessary) and tomato. Serve good and hot.—Mrs. M. Wesoloeski, 1649 Market street, Salem, Or.

TURNIPS.

Turnips au Gratin.

4 c turnips.....	\$0.0500
1 t minced onion.....	.0005
1 t chopped parsley, in garden.....	.0000
1 t salt.....	.0003
1 t pepper.....	.0010
2 T drippings.....	.0174
1 c bread crumbs.....	.0150
Gas, $\frac{1}{2}$ hour.....	.0040
Gas, oven, 15 minutes.....	.0190

Cost\$0.1072

Cream Sauce—

1 pint milk.....	\$0.0535
1 T flour.....	.0009
1-3 c milk.....	.0089
1 T butter.....	.0156
$\frac{1}{2}$ t salt.....	.0001
Gas, $\frac{1}{2}$ hour.....	.0040

Cost of cream sauce.....\$0.0830

Cost of turnips......1072

Total cost\$0.1902

Pare and dice the turnips, cook until tender in boiling salted water, and drain; to 1 pint of turnips allow one cup of cream sauce. Mix well together, adding 1 teaspoonful of minced onion and 1 teaspoonful chopped parsley, and season with salt and pepper. Turn into a greased baking dish. (I use drippings), cover with 1 c bread crumbs, dot with bits of dripping and bake in a hot oven till brown. To make the cream sauce: Put 1 pint of milk on the fire in double boiler. When boiling, have 1 tablespoonful of flour mixed smooth in 1-3 cup of cold milk; stir into the boiling milk and cook till smooth. Add 1 tablespoonful butter, $\frac{1}{2}$ teaspoonful salt. The butter can be

omitted, but we all know it is very essential to make a good cream or white sauce, and it is hard to use a substitute for it.—Mrs. G. Spencer, 1260 East Davis street.

RICE.

Rice as a Vegetable.

Pick the rice over carefully, wash it in warm water, rubbing it between the hands, rinse it in several waters, then let it remain in cold water until ready to be cooked. Have a saucepan of boiling water slightly salted. When boiling hard, sprinkle the rice in slowly, so as to keep grains separate. Boil steadily for 20 minutes, take from the fire and drain off the water. Place the saucepan with the cover partly off on the back of the stove, where it is moderately warm, and allow the rice to dry. The moisture will pass off and each grain should be separate, so if shaken it should fall apart.—Mrs. G. Spencer, 1260 East Davis street.

Steamed Rice.

1 c rice.....	\$0.0500
1 t salt.....	.0003
$2\frac{3}{4}$ to 3 $\frac{1}{2}$ c boiling water.....	.0000
Fuel, 50 minutes ($\frac{1}{2}$ use).....	.0141

Cost to serve four... ..\$0.0644

Wash the rice through several waters, then add to the boiling water gradually, stirring with a fork. Boil five minutes, then put in double boiler and cook 45 minutes. If wanted for dessert, use half water. When the water is absorbed add scalded milk for balance.—Mrs. Welch, 78 East Buffalo street.

Vegetables and Rice.

1 large onion, sliced.....	\$0.0083
2 T drippings.....	.0112
1 can green peas.....	.0200
1 c rice.....	.0454
Gas for cooking, $\frac{1}{2}$ hour.....	.0057

Cost\$0.2906

Put fat in pan in which you ordinarily cook rice, add onions, let fry till tender but not brown. Have rice washed and drained very well, add to onions and fat and cook for a few minutes, stirring constantly, till rice begins to stick together. Measure the amount of liquid in the can of peas, add enough boiling water to make liquid 3 cups, add rice, also the peas and salt, and a tiny piece of red pepper. Cover closely and cook over simmer for 20 or 25 minutes. At a cost of 28 cents will serve five people, making 53-5 cents each.—Mrs. Anita Anderson.

Salads

Salads and Green Vegetables

Making Salads—the Storage of Green Vegetables—Salad Combinations.

Vegetable Salads—

- Combination vegetable salads with dressing
- Macedoine salad
- French salad
- Baked bean salad
- Cabbage salads
- Carrot salad
- Celery salad
- Cheese and nut salad
- Cucumber salad
- Egg Lily salad
- Pea salads
- Potato salads
- Tomato salads
- Tomato salads jellied
- Macaroni salad

Fruit Salads—

- Mixed fruit salads
- Apple salads
- Banana salads
- Orange salad
- Prune salads
- Pineapple salad
- Philadelphia salad

Meat Salads—

- Chicken salad
- Cold meat salads
- Salmon salads
- Tuna fish salads
- Shrimp salad
- Shad roe salad
- Oyster salad

Salad—Dressings—

- With each salad given above; also
- Extra dressings—
 - Boiled dressings
 - Mayonnaise dressings
 - French dressings
 - Thousand island dressing
 - Cream dressings
 - Cheese with salads
 - Garnishing salads

Making Salads

Authorities say that the term salad is applied to certain cold dishes composed either of meat, fish or vegetables, which for generations have been served with a mixture of oil and vinegar, or oil, egg and vinegar. The oil furnishes the fatty matter for the meal, and being purely vegetable is more wholesome than the ordinary animal fats. (Please notice this and "save the fat" by using all the vegetable oils you can in their place).

A mixture of fruits with mayonnaise dressing, served as a salad, is, according to Mrs. Rorer, "unsightly, unpalatable and a little nauseating." One cannot think of anything more out of keeping than white grapes in a thick mayonnaise. The simple, so-called French dressing is delicate and most worthy of recommendation. Over lettuce, cress or celery it makes a palatable and wholesome dinner salad, and one in which children can be freely indulged. Such fruits as apples, pears, cherries and pineapples, mixed with celery or lettuce, with French dressing, make an agreeable (and inexpensive) dinner salad. A simple salad should be seen on every dinner table 365 times in the year. Persons living in the country or in the outskirts of towns can without cost always pick sorrel, long dock, dandelions and lambsquarter, and the vegetables from our war gardens are now always with us. Besides all our canned vegetables, and those we can use cooked, parsley is green the year 'round. Cabbage, celery and onions are ready at any time. I have green cucumbers, lettuce and beans and ripe tomatoes out in the garden as I write (November 12). There is no reason why we of the warm, fertile Willamette valley should not have salads from our own war gardens the year 'round, and a salad is far superior to a dessert as the closing of a dinner. "The happiest closing to a real good dinner is a crisp salad, well dressed, served with a bit of cheese and bread and butter or toasted cracker."

The green vegetables contain the salts necessary to the well-being of our blood, and oil is an essential and important food. The garlic and vinegar aid in the digestion and assimilation of other foods, but we must be very careful in the use of garlic. It should never be served cut up in a salad, but in one bottle put a few cloves of garlic and cover with vine-

gar, in another some celery seed covered with vinegar, or mint in vinegar, etc., and use this vinegar for salads.

In making salads the materials must be carefully washed in very cold water and shaken dry in a wire basket, or wiped with soft cheesecloth, or the dressing will not blend properly. Never cut lettuce with a knife—pull it apart with the fingers.

The ideal way to mix a French salad is at the table. Just before serving sprinkle the salt and pepper over the crisp green vegetables, then pour over the required quantity of oil and turn or toss with the fork and spoon until every piece is evenly covered. Now add the vinegar and toss and turn again until the whole is evenly distributed, and serve at once. The old Spanish proverb expresses the salad ideal of many generations: "A spendthrift for oil, a miser for vinegar and a madman to stir it up."

As a general rule, meat salads are the best with mayonnaise, vegetables with French dressing, though there are exceptions. Of course, meat salads have a decided food value, and in a luncheon take the place of the meat. I feel that I was too critical of Mrs. Jones' fish salad yesterday, but the news just now from Russia makes one feel pessimistic, though some women do not seem to have realized yet that we really are at war.

Storage of Vegetables.

Carrots and Beets—Dig before hard frost. Buried in sand will keep until spring (we use children's sand box).

Parsnips—Leave in ground; frost improves flavor.

Cabbage—Place in cool part of basement, stems up.

Pumpkins, Hubbard Squash—Store in dry, medium warm place in basement.

Onions—Dark, dry, cool place in basement; will keep all year if sorted in spring.

Potatoes—Dry, cool, dark bin in basement.—Mrs. John Oatfield, Milwaukie, Or.

Serving Green Vegetables.

Washing must be very thorough; a little salt or bicarbonate of soda helps to bring small insects to surface of water.

Their real benefit lies in being always on our menu and not served with too much dressing or seasoning.

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Cucumbers, Tomatoes—Peeled; serve with mayonnaise or French dressing.

Cabbage—Shredded or chopped—slaw or combination.

Radishes, Green Onions, Celery—As relishes or in combination. The latter is good when blended cream cheese is filled in the cavities.

Pepper Cress, Water Cress, Lettuce—Each a complete salad or in combination, as garnish; cress is best "dressed" at the table, as it wilts.

Salad Combinations.

Salmon — Celery, potatoes, eggs, pickles.

Apples—With grapes, cabbage, pickled beets, nuts.

Cabbage—With celery, nuts, pimento.

Cabbage—With celery, nuts, apples, pickles.

Potato—Onion, egg, lettuce.

Lettuce—Bananas, peanuts.

Grapes—Almonds, cherries.

Lettuce—Eggs, asparagus tips, sliced radishes.

Shrimp—Celery, cucumber, orange, green pepper.

Tomato—Peas, celery, cucumber, string beans, onions.

Apples—Celery, nuts, cheese, pimento.

Lobster—Shrimp, crab, French peas, pimento.

Orages—Dates, nuts.

Apples—Celery, pineapple, pimento, raspberry.

Cherry—Walnuts, celery.—Mrs. J. L. Ringo, 790 East Ankeny street.

Combination Vegetable Salads

Here are some salads, most of which you will see are very inexpensive—particularly as most of the ingredients we have from our war gardens at home, so they do not cost us any money to buy them. These are also the most wholesome kind of salads, giving the crisp green vegetable "naturally" with wholesome dressings. The price estimates are for the purpose of comparison of the cost of one recipe with another.

Fresh Vegetable Salad.

The following is a recipe that makes an excellent mixed vegetable salad:

	Cost.
6 tomatoes	\$0.0800
1 small head cabbage.....	.0200
1 small bunch celery.....	.0500
1 small sweet pepper.....	.0200
Lettuce	.0200
Parsley (in garden).....	.0000
Paprika	.0031

Cost\$0.1931

Salad Dressing.

	Cost.
1 egg	\$0.0400
½ cup vinegar.....	.0125
1 t cornstarch.....	.0005
¼ t mustard.....	.0021
¼ t salt.....	.0001
¼ c cream.....	.0500
¼ c sugar.....	.0104
Gas, 15 minutes, to cook.....	.0029

Cost of dressing.....\$0.1185

Cost of salad......1931

Total\$0.3116

Serves six people at about 5 cents each.

To prepare, cut skinned tomatoes in halves, placing two halves on each plate on lettuce leaves, shave cabbage fine and mix with celery and pepper, both cut fine. Blend with the pre-

pared dressing and put over salted tomato halves. Garnish with parsley and a sprinkling of paprika.

To prepare the dressing beat 1 egg and add ½ cup vinegar and ¼ cup water. Put to cook in double boiler. Stir and when hot add 1 teaspoonful cornstarch and ¼ teaspoonful mustard, rubbed smooth with water; also ¼ teaspoonful salt. Cook until thick. When cold add ¼ cup cream and ¼ cup sugar. Blend with prepared vegetables.—Mrs. L. R. Marvin, 197 East Seventy-fifth street North.

Mixed Salad (Vegetable).

	Cost.
Lettuce, ½ head.....	\$0.0250
Diced cooked beets, ½ cup.....	.0130
Sliced cooked carrots, ½ cup..	.0075
Lima beans, ½ cup.....	.0375
Cost	\$0.0830
French dressing—	
3 T Wesson oil.....	\$0.0171
1 T vinegar.....	.0016
¼ t salt.....	.0001
¼ t pepper.....	.0020
¼ t paprika.....	.0031
1 t onion juice.....	.0010

Serves six at cost of.....\$0.1248

Salad as above......0830

Total cost\$0.2078

Lettuce should be washed, dried and placed in a cool place for at least two hours before serving. The vegetables may be those left from a previous meal and the combinations are endless. My rule is to use what I have on hand and arrange as artistically as may be on the lettuce leaves, pouring over them the dressing just before serving. As the vegetables are "leftovers," I have omitted cost of cooking them.—Mary G. Morrison, 752 Montgomery Drive.

Combination Vegetable Salad.

	Cost.
1 head lettuce.....	\$0.0500
1 dozen radishes.....	.0200
½ can French peas.....	.1000
Tomatoes, 3 medium.....	.0400
Total	\$0.2100

Salad Dressing.

	Cost.
½ cup thick sour cream.....	\$0.0750
3 T Wesson oil.....	.0171
1 T vinegar.....	.0016
½ t salt.....	.0001
1 t sugar.....	.0009
¼ t white pepper.....	.0021
½ t paprika.....	.0015

Cost of dressing.....	\$0.0983
Vegetables	.2100

Total cost for six is.....\$0.3083
Or 5 cents each.

This salad dressing is delicious and serves as a very useful way of using up a little cream which may have soured. The bowl should be rubbed with a piece of onion, then the ingredients added, in order named, thoroughly mixing with egg beater.

Lettuce must be washed and thoroughly dried, kept in cool place to become crisp. Radishes are washed and sliced. Tomatoes peeled carefully without the use of hot water to conserve their flavor. Arrange peas in a mound on lettuce leaves, arrange tomatoes, sliced, around peas and garnish the whole with sliced radishes. Pour on dressing just before serving.—Dr. E. M. Wickstrom, 752 Montgomery Drive.

Combination Salad.

	Cost.
6 medium-sized tomatoes.....	\$0.1000
2 rather small cucumbers.....	.1500
6 radishes.....	.0500
½ green sweet peppers.....	.0150
French salad dressing.....	.0261

About 4 cupfuls cost.....\$0.3411
Or 8½ cents per cupful.

(These prices are estimates and may not be exactly accurate).

Arrange the salad on individual plates. Slice the tomato on a lettuce leaf, then add 1-3 of a cucumber, sliced. Slice the radishes, but do not peel. Arrange the sliced radishes over the tomato and cucumber. Chop the half of a sweet green pepper, taking care that it is a sweet pepper, and sprinkle ½ teaspoonful of the chopped pepper on top of the other vegetables. Over this pour a tablespoonful of the French salad dressing. It is particularly important that the vegetables shall be in good condition and that the cucumber and radishes shall be crisp and tender. If somewhat wilted, immerse them in cold water for a half hour or more.—M. M. G.

Every Day Salad.

	Cost.
4 heads lettuce.....	\$0.1000
4 medium size onions.....	.0300
1 bunch celery.....	.0500
3 green peppers.....	.0200
1 lb. tomatoes.....	.0500
Parsley from garden.....	.0000
½ c Wesson oil.....	.0453
1 T vinegar.....	.0016
½ t salt.....	.0001
⅛ t cayenne.....	.0010

Serves 10 at cost of.....\$0.2780
Or about 2½ cents each.

Wash lettuce, onions, celery, pepper and parsley in cold water. Plunge tomatoes in hot water so as to remove skins; then let stand in cold water until used. Shred lettuce, chop onions, peppers, celery in rather coarse pieces and add to the lettuce. Serve in salad dishes. Lastly add several slices of tomato and garnish with parsley. Pour the following dressing over each dish:

French Dressing.

Mix oil and vinegar, salt and cayenne in the usual proportions. Set in cool place until ready for use. This is a plain salad, easily made, and can be served with any meat course.—Mrs. Theodore Anthony, 588 Pettygrove street.

Macedoine Salad.

	Cost.
1 c diced carrots.....	\$0.0150
½ c diced potatoes.....	.0050
1 c string beans.....	.1000
½ c diced sweet potatoes.....	.0050
½ c diced turnips.....	.0063
½ c French dressing.....	.0400

Four cupfuls cost.....\$0.1713
Or 4¼ cents per cupful.

Cook the vegetables separately, adding salt toward the last of the cooking. When cool, cut into ½-inch cubes. Canned beans may be used if fresh ones are not obtainable. They should be cut into ½-inch lengths. Vegetables other than those mentioned may be used. Cauliflower, beets, peas, celery, etc., may be substituted if desired. Two or three vegetables only may be used; mix the vegetables with the French dressing. Garnish the salad with lettuce leaves.—M. M. G.

French Salad.

1 pint cold diced potatoes.....	\$0.0200
½ c dried cucumbers.....	.0500
½ c diced radishes.....	.0500
¼ c grated onion.....	.0042
1 c cream salad dressing.....	.0955
1½ t salt.....	.0005
1 c celery.....	.0143

About 5½ cupfuls cost.....\$0.2345
Or 4 1-6 cents per cupful.

Cook the potatoes in boiling, salted water. When cold cut into ½-inch cubes. Peel the cucumber, cut into

small cubes and throw into cold water until ready for use. Prepare the radishes in the same way. If the radishes are very tender the skin may be left on to give a bit of color to the salad. Chop the celery quite fine, remove the vegetables from the water and dry upon clean towels. Add them to the potatoes. Add the grated onions (the onion may be omitted) and mix all the ingredients with the cream dressing. Garnish with crisp, tender lettuce and red radishes with the skin trimmed back from the root end in such a way as to represent a blossom.—M. M. G.

Light Salad.

Equal parts chickweed and pepper grass. Wash well and serve with oil, salt and vinegar.—Mrs. Turner, Corvallis, Or.

Baked Bean Salad.

	Cost.
2 cups baked beans.....	\$0.0500
1 c ripe tomatoes.....	.0332
3 T vinegar.....	.0048
6 T Wesson oil.....	.0342
$\frac{1}{2}$ t mustard.....	.0014
$\frac{1}{2}$ t onion juice.....	.0001
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0042
1 t tobasco sauce.....	.0032
2 sliced tomatoes.....	.0200

Cost to serve six people....\$0.1514
Or 2 $\frac{1}{2}$ cents each.

Mix the dry ingredients together, then add the onion juice and liquids. Pile the beans on lettuce leaves and garnish with sliced tomatoes. Pour over all the dressing.—Mrs. G. Spencer, 1260 East Davis street.

Cabbage Salad.

$\frac{1}{2}$ head of solid cabbage.....\$0.0500
(Washed and chopped fine)

Boiled Salad Dressing.

	Cost.
Cabbage, as above.....	\$0.0500
$\frac{1}{2}$ c top milk.....	.0134
$\frac{1}{2}$ c vinegar.....	.0125
1 egg.....	.0417
1 t salt.....	.0003
1 t mustard.....	.0083
2 T sugar.....	.0052
1 R T butter (2 T).....	.0312
$\frac{1}{2}$ t cayenne pepper.....	.0010
1 t flour.....	.0003
Gas, 15 minutes.....	.0029

To serve six people.....\$0.1668
Or 25-6 cents each.

Beat the egg well, add the salt, mustard, sugar and flour and mix thoroughly. Add to this mixture the vinegar and butter and cook over hot water until it thickens, stirring constantly. Remove from stove, let cool, then add the rich milk slowly and blend well together. Pour it over the prepared cabbage, stirring well with a silver fork. Serve on lettuce leaves, adding a dash of cayenne pepper to

each portion.—Mrs. H. G. Thyng, 326 East Mohawk street, St. Johns.

(This is surely as economical and wholesome a salad as we have had. The cost is no measure of real food value in any of our food. We labor to acquire an appetite for costly and indigestible food.)

Perfection Cabbage Salad.

	Cost.
1 envelope gelatine.....	\$0.0375
$\frac{1}{2}$ c cold water.....	.0000
$\frac{1}{2}$ c mild vinegar.....	.0125
1 pint boiling water.....	.0000
1 t salt.....	.0003
1 c ($\frac{1}{2}$ lb.) finely shredded cabbage.....	.0088
1 T lemon juice.....	.0260
$\frac{1}{4}$ lb. sugar ($\frac{1}{2}$ cup).....	.0208
1 lb. celery cut in small pieces	.0667
$\frac{1}{4}$ can sweet red peppers finely cut.....	.0375

Cost\$0.2101

Mayonnaise Dressing.

	Cost.
1 cup Wesson oil.....	\$0.0906
1 egg.....	.0500
2 T lemon juice.....	.0260
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{4}$ t paprika.....	.0031
$\frac{1}{2}$ t mustard.....	.0042

Cost of dressing.....\$0.1741
Cost of salad......2101

Total cost\$0.3842
Soak the gelatine in cold water five minutes, add vinegar, lemon juice, boiling water, sugar and salt. Strain and when beginning to set add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise dressing, or cut in dice and serve in cases made of red or green peppers, or the mixture may be shaped in molds lined with pimentoes. A delicious accompaniment to cold sliced chicken or veal. Entered for second prize by Mrs. M. C. Thronson, 790 $\frac{1}{2}$ East Morrison street.

(I'm afraid this salad is too expensive for an economy contest, as ours all are.)

Peanut-Cabbage Salad.

	Cost.
1 head cabbage.....	\$0.1000
1 pint peanuts.....	.1000
2 t salt.....	.0005
$\frac{1}{2}$ pint mayonnaise.....	.1525

Serves six people for.....\$0.3530
Or less than 6 cents each.

Select a head of cabbage having some loose outer leaves. Open up outer leaves very carefully and with sharp knife cut out as much cabbage as you need for salad for your family, leaving enough of the outside to make a solid dish. Chop the part taken out fine, add to it the peanuts which have been shelled and ground. Mix well with a silver fork, salting a little. Add the mayonnaise and mix

well. Then return the mixture to the cabbage dish, arranging the leaves as prettily as possible. If any come off the leaf can be pinned back with a wooden skewer. Keep in a cool place. Serve on a plate surrounded by pepper grass or parsley and dish at the table.—Mrs. Kittie Goodall Turner, Corvallis, Or.

Carrot Salad.

To make a good-sized dish six good-sized carrots, cleaned and scraped and chopped very fine. One-half pound English walnuts, also chopped fine. Add a very little salt. For dressing use mayonnaise. This is a fine salad without meat.—Mrs. L. A. Jackson, Cornelius, Or.

Celery and Nut Salad.

	Cost.
1 bunch celery hearts.....	\$0.0143
Lettuce	.0500
8 apples (medium size).....	.0800
1 c walnuts.....	.1250

Total cost of salad.....\$0.2693

Dressing—	Cost.
1 t mustard.....	\$0.0083
2 T sugar.....	.0312
1 t flour.....	.0003
1 t salt.....	.0003
1 egg (beaten).....	.0400
1-3 c vinegar.....	.0083
¾ c hot water.....	.0000
1 T lump butter (size walnut)	.0156

Cost of dressing.....\$0.1040

Cost of salad......2693

Total cost\$0.3733

Mix dry ingredients, add the egg, then vinegar and hot water. Boil until it thickens, then add butter. This dressing made with water instead of cream will not curdle, and is rich and creamy.—Mrs. W. S. Brackenridge. 270½ Ross street.

(Please remember to write only on one side of the paper, if only a few words. This salad dressing is surely economical and seems very good.)

Cheese and Nut Salad.

	Cost.
1 cream cheese.....	\$0.1000
½ c cream.....	.0500
1 T onion juice.....	.0016
½ c English walnut meats....	.0625
1 t salt.....	.0003
½ t white pepper.....	.0041
2 T vinegar.....	.0032
½ c Wesson oil.....	.0453
1 glass gooseberry jelly.....	.1000

Six persons, 5½c each.....\$0.3670
No fuel.

Work cheese with cream and season with part of salt and pepper and all of onion juice. Mix oil, vinegar, salt and pepper well for French dressing. Slice gooseberry jelly; pile cheese over it and put dressing on and sprinkle walnuts over top.—Mrs. J. B. McCreary, 8 East Buffalo street.

Cucumber Salad.

Fish should be accompanied by cucumber salad whenever possible. The sugar is an important ingredient in the dressing of this salad.

Peel and slice thin four medium sized cucumbers; put in a deep plate and sprinkle over slices a tablespoonful of salt. Press down tightly with a plate and allow to stand one hour. Then place the cucumbers in a clean napkin and squeeze out all the juice. Place in a salad bowl and mix well with the following dressing: A large onion chopped fine, a tablespoonful of best vinegar, a tablespoonful of olive oil, a tablespoonful of sugar, half a teaspoonful of pepper, ½ teaspoonful of salt. Mix thoroughly and serve at once.—A California Reader.

Egg Lily Salad.

	Cost.
4 eggs	\$0.2000
4 t mustard.....	.0332
¼ t salt.....	.0001
½ t pepper.....	.0010
4 t vinegar.....	.0021
4 t butter.....	.0128
Lettuce, 4 leaves.....	.0001
Gas, 10 minutes.....	.0019

Cost to serve four persons...\$0.2542
Or 6¼ cents each.

Boil the eggs hard; crack the shells and drop in cold water; when cold peel off the shells; cut narrow strips from the small end, very nearly to the large end of the whites; remove the yolks and rub each yolk with one teaspoonful butter, 1 teaspoonful vinegar, 1 teaspoonful mustard and the salt and pepper. Form this mixture into balls and put back in the whites, which may be spread open as the petals of a lily, or pressed around the ball, as a lily bud. Serve on lettuce leaves with your favorite salad dressing.

This is a delightfully attractive and substantial salad for a luncheon, and very easy to make. Everyone likes it, and I have found that men who never touch any other kind of salad are very fond of this.

Your "kitchen" is very helpful, and I have adopted many of the recipes.

Boiled Salad Dressing.

Mrs. Ott says: Here is my favorite inexpensive cooked salad dressing to be served with "Egg Lily Salad." It keeps indefinitely.

	Cost.
1 c hot water.....	\$0.0000
½ c vinegar.....	.0125
¼ t butter.....	.0008
6 t sugar.....	.0054
¼ t mustard.....	.0021
½ t salt.....	.0001
½ t pepper.....	.0010
4 t cornstarch (level).....	.0020
2 egg yolks (equals 1 egg)....	.0400
Gas, 5 minutes.....	.0009

Cost for 1 pint.....\$0.0641

Cost per cupful, 3 cents.

—Mrs. O. T. Ott.

Peas and Celery Salad.

	Cost.
1 can peas.....	\$0.2000
1½ c chopped celery.....	.0214
1 c cream dressing.....	.0955
1 onion (½c).....	.0084
1-3 t salt.....	.0001

About 5 cupfuls cost.....\$0.3254
Or 6½ cents per cupful.

Drain the juice from one can of peas, wash, drain again, add to the peas the grated onion, salt and chopped celery. Mix all with the cream dressing, scant measure, and garnish with lettuce.—M. M. G.

Minnehaha Salad.

	Cost.
1 can of peas.....	\$0.2000
½ c cheese.....	.0375
1-3 c of sweet pickles.....	.0300
2 T minced onions.....	.0032

Cost\$0.2707
Dressing, ½ recipe given below .0743

Cost to serve eight people...\$0.3450
Cost per person, 4¼ cents.

Mayonnaise Dressing.

	Cost.
1 c Wesson oil.....	\$0.0906
1 egg.....	.0400
1 t salt.....	.0003
1 t mustard.....	.0033
½ t paprika.....	.0062
2 T vinegar.....	.0032

Total\$0.1486

Mix dry ingredients, add egg, then vinegar and oil alternately, beating vigorously with egg beater.—Mrs. G. Spencer.

Drain the peas carefully, cut the cheese in small cubes, slice the pickles, then add the minced onions. Mix all together well with mayonnaise dressing. Take a medium-sized cabbage (I didn't list this, as I save and cook with the part I cut out), and cut out the heart. Put salad in this and place on chop plate. Garnish with geranium leaves and red blossoms. Serve from this into individual salad plates at the table.—Mrs. G. Spencer, 1260 East Davis street.

Potato Salad.

	Cost.
2 lbs. potatoes.....	\$0.0400
2 onions.....	.0200
3 eggs, cooking.....	.1200
1 T salt.....	.0003
1 t pepper.....	.0033
1 egg for dressing.....	.0400
1 c vinegar.....	.0250
1 t made mustard.....	.0023
3 T sweet cream.....	.0200
Gas to cook potatoes.....	.0070

Cost to serve eight persons..\$0.2839
Or 3½ cents each.

Take the yolk of the raw egg and stir into it the mustard. Beat into this the cream, drop by drop, add half cupful of strong vinegar and the white of the egg beaten to a froth. If needed for night, make at noon. Slice the potatoes; then add the hard-boiled eggs, also sliced thin, and chop the onions. Put them in a salad bowl with the salt and pepper. Pour the dressing over all.—Mrs. G. Spencer, 1260 East Davis street.

Potato Salad.

	Cost.
4 pounds potatoes.....	\$0.0300
1 large onion.....	.0167
½ c vinegar.....	.0125
1 t salt.....	.0003
2 t lard.....	.0104
2 T thick cream.....	.0066
Gas, 20 minutes.....	.0038

Serve 6 people, cost\$0.1303

Take small potatoes, boil in jackets, peel and slice. Add onion chopped fine, salt and pepper, then the hot lard. Mix, then add vinegar and cream.

A Substitute for Potato Salad.—Peel and boil potatoes whole. Let each person cut up or dice and season with salt and pepper to suit his or her own taste. Have a dressing made of vinegar and horse radish (use plenty of vinegar in making dressing). Let each person use dressing to suit taste.—Mrs. Nat Smythe.

Tomato and Celery Salad.

Scald and peel solid tomatoes of equal size and take from the stem end part of the pulp. Chop into half inch pieces crisp white celery and sweet peppers. Mix thoroughly with French dressing, and put in the tomatoes. Serve on lettuce leaves with French dressing. Let the stuffing rise above the tomato.—M. M. G.

Salad in Tomato Cups.

	Cost.
6 tomatoes (2c).....	\$0.0664
1½ c dried cucumbers.....	.1500
1 c cut celery.....	.0143
1 c diced apples.....	.0200
1 c cream dressing.....	.0955
1 t salt.....	.0003

6½ cupfuls cost\$0.3465
Or 5 1-3 cents per cupful.

Select firm, well-shaped tomatoes. Cut off the stem, and remove the pulp. Prepare the cucumbers, celery and apples. Mix with these vegetables the tomato pulp and then with the cream dressing and the salt. Fill the tomato cups with this.—M. M. G.

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Tomato Salads.

Scald and peel firm tomatoes, cut a thin slice from the stem end, and remove the seeds and some of the pulp. Sprinkle the inside with salt, invert, and leave until needed. Mix chopped nuts with an equal quantity of half cooked asparagus tips and one-half the quantity of finely cut celery moistened with dressing and a teaspoon of chopped chives. Serve on lettuce with French dressing.—M. M. G.

Tomato and Cauliflower Salad.

Scald and peel firm tomatoes and cut into quarters. Arrange them in a circle on lettuce leaves, with a floweret of cold cooked cauliflower, which has been marinated for half an hour in French dressing between the quarters. Serve with a cream dressing.—M. M. G.

Tomato and Cheese Salad.

Scald and peel firm tomatoes. When cold, cut in six sections which remain joined at the stem end. Mix a cream cheese with enough spinach extract to color to a delicate green, mold into balls the size of marbles and put three balls in center of each tomato. Serve with French dressing.

Stuffed Tomatoes.

Take nice, round, ripe tomatoes; peel and hollow out top enough to hold chopped onions and green peppers, salted; mix with a little mayonnaise, fill hollow and serve on lettuce leaf with mayonnaise dressing and a dash of paprika on top.—Mrs. F. L. Finch.

Frozen Tomato Salad.

	Cost.
1 qt. tomatoes	\$0.1323
1 chopped onion	.0075
1 chopped green pepper	.0100
1 bay leaf	.0005
4 whole cloves	.0030
1 stalk celery	.0065
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0042
Gas, $\frac{1}{2}$ hour	.0057
Mayonnaise	.2500

Will serve 12 for\$0.4105
Or $3\frac{1}{2}$ cents each.

Cook all together for $\frac{1}{2}$ hour. Run through sieve and set aside to cool. When cool put in freezer and when about half frozen add 1 cup mayonnaise. Serve on lettuce leaves and add one teaspoon mayonnaise to top off each portion.—Agnes Rhorer, 1107 West Fourteenth, Vancouver, Wash.

Jellied Tomato Salad.

Soak half a box of vegetable gelatine in a cup of warm water until dissolved; when cold add it to one pint of well seasoned tomato sauce and stir until it begins to set. Pour into a wet border mold and leave until

set. Turn it out on a dish, cut celery into one-inch lengths, mix it with cream dressing and put in the center of the mold. Serve with small lettuce leaves around the dish. (A favorite salad to serve with any white fish.)

Jellied Tomato and Cucumbers.

Make the tomato jelly as above and put in a cool place until firm. Chop four large cucumbers rather fine and mix them with four tablespoonfuls of French dressing. Turn the jelly on a dish when set, and fill the center with cucumbers. Serve with cheese dressing and garnish with lettuce or cress.—M. M. G.

Tomato Jelly Salad.

	Cost.
1 pint tomatoes	\$0.0664
1 t salt	.0003
$\frac{1}{2}$ t pepper, white.....	.0041
2 t chopped onion.....	.0020
1 oz. gelatine.....	.0500
1 c sour cream.....	.0500
1 egg	.0600
$\frac{1}{2}$ T mustard.....	.0041
1 lemon (juice of 1).....	.0250
Heart of endive or lettuce, one head	.0500
Fuel, fir wood, $\frac{1}{2}$ time, $\frac{1}{2}$ hr....	.0102

Serves 6 at a cost of.....\$0.3221
Or 5 1-3 cents each.

Cook together for one-half hour the tomatoes, onion, half the salt and pepper, strain and add gelatine, which has been soaked in cold water. Pour into after dinner coffee cups that have been rinsed in cold water and set away to cool and harden. Turn out on endive or lettuce leaves. Pour over it sour cream dressing and serve.

Macaroni Salad.

Mrs. Dittmar says: "I am sending in three of our favorite salad recipes."

	Cost.
2 c macaroni	\$0.0500
2 T onion	.0020
2 T green pepper (20c lb.)....	.0128
1 T red pepper (20c lb.).....	.0064
1 T salt	.0008
Wood fuel, $\frac{1}{2}$ hr. ($\frac{1}{2}$ use)....	.0035
	\$0.0805

Mayonnaise Dressing.

	Cost.
1 c Wesson oil	\$0.0906
1 egg	.0500
1 t salt	.0003
$\frac{1}{4}$ t paprika	.0031
Juice of 1 lemon	.0250

Cost of dressing\$0.1690
Cost of salad 0805

Total cost for four people...\$0.2495
Or 6 cents each.

Boil macaroni in plenty of water, adding 1 T salt. When done drain, let cold water run over, then drain thoroughly. Chop onion and red and

green peppers very fine. Put macaroni in a bowl, add onion and peppers, pour over part of the dressing and set aside to get very cold. When ready to serve put remaining dressing over the top, sprinkle over top some fine chopped parsley and garnish with a few sprigs of parsley. This amount will serve four and is so hearty that you will need neither potatoes nor

meat at the same meal.—Mrs. M. E. Dittmar, 971 E. Taylor st., city.

Sour Cream Dressing.

Beat 1 cup sour cream, 1 egg, remainder of salt and pepper and mustard together until light. Set bowl in vessel of boiling water until creamy; add lemon juice.—Mrs. J. B. McCreary, 78 E. Buffalo st., city.

Fruit Salads

Fruit Salad.

	Cost.
2 apples	\$0.0200
3 bananas	.0625
1 celery heart	.0143
2 c walnuts (½ lb. chopped)...	.1250
Pineapple (canned) about ½ ..	.1000
Durkee's salad dressing.....	.1500
Lettuce	.0500

Cost\$0.5218

Cut apples, celery and walnuts in small pieces and slice bananas. Mix all together and lay on lettuce leaves forming a mound. Cut pineapple slices in halves and place all around the mound. Pour salad dressing over the mound, hit-and-miss fashion and serve.—Mrs. Jones, 3922 Forty-eighth street Southeast.

Any other salad dressing will do as well, but I prefer Durkee's.

(Mrs. Jones does not say how many her recipes serve, but the first one might serve five people at a cost of 10 cents each, and the second one six people at nearly 9 cents each just for salad. While we are in the grip of this terrible war, with our national future looking as dark as it does just now, it seems to me we should put such high priced recipes aside, and cook as economically as we possibly can, and yet keep our families in good health. Now, if ever, we should "eat to live"—not "live to eat." Think of those dear mothers' boys in the trenches and what even 50 cents worth of some little comfort would be to them!)

Fruit Salad.

	Cost.
1 can pineapple	\$0.2000
2 oranges	.0500
3 large bananas	.0500
3 large apples	.0300
¾ c walnut meats	.0937
Lettuce leaves	.0250
1 pt. whipping cream.....	.4000
Salad Dressing—	
1 T flour	.0009
1 egg	.0500
2 T melted butter.....	.0312
2 T lemon juice (1 lemon)....	.0260
¼ t salt	.0001
½ c sugar	.0208
Paprika	.0016
Gas, 15 min.	.0029

Serves 10 people for.....\$0.9822
Or 94.5 cents each.

To make the dressing, rub flour smooth in a little cold water, over which pour one-half cup boiling water slowly and cook until thick and smooth, stirring constantly. Let cool. Beat egg thoroughly, add two tablespoonfuls melted butter, and two tablespoonfuls of lemon juice and one-quarter teaspoonful salt. Cook smooth in double boiler, stirring constantly. Cool and beat two mixtures together, adding sugar and a little paprika. When ready to pour over fruit add one-half pint whipping cream beaten stiff. To prepare fruit, shred pineapple and dice oranges and place in colander that juice may drip off. Slice bananas and chop apples and walnut meats. Mix all together, reserving half of chopped nuts to use as garnish. Place lettuce leaves on salad plates and then put on fruit mixture blended well with the dressing. Use the other one-half pint whipped cream over top and sprinkle with walnut meats. A couple candied cherries and a little candied orange peel on each dish improves taste as well as looks. Save juice from oranges and pineapple and by adding to cold tea with lemon juice and sugar you will have a delicious drink.—Mrs. L. R. Marvin, 197 East Seventy-fifth street North.

(This is far too expensive.)

Fruit Salad.

	Cost.
1 sour, 1 sweet apple.....	\$0.0200
1 sour, 1 sweet orange.....	.0500
1 c minced celery	.0143
1 banana	.0200
1 c chopped walnut meats....	.1250
1 c sour cream	.1500
1 egg white (½ egg).....	.0250
1 lemon (juice)	.0167
1 c Wesson oil	.0906
1 t salt	.0003
½ t white pepper.....	.0041
1 lb. white grapes.....	.1000

Serves 6 people at cost of...\$0.6160
Or 10 cents each.

Peel fruit and cut into small pieces (keeping orange skins in thirds); cut celery also in cubes; scald nuts, rub off outside skins and chop; stir all together lightly with silver fork, so as to keep pieces whole. Part of the salt and pepper may be added to this instead of using it all in the dressing.

Put this in the prepared orange skins, which are placed on small plates and grapes arranged around the base of oranges. The following dressing is piled high and a few grapes top the whole:

Dressing.—Stir the cup of cream with silver fork; add little oil at time and a few drops of lemon juice carefully to prevent curdling, until all is a creamy mass. Now take egg beater and beat in the white of egg and add salt and pepper. This will stand a more generous seasoning.—Mrs. J. B. McCreary, 786 Buffalo street, city.

(Mrs. McCreary made a mistake in her pricing, and thought her recipe cost only 6 cents instead of 10 cents per portion. This recipe, though delicious, is far more expensive than Mrs. Jones' of yesterday, as Mrs. Jones' fish recipe had rather more food value. Remember this is an economy contest.)

Fruit Salad.

	Cost.
4 bananas at 20c dozen.....	\$0.6666
3 apples at 6 lbs. for 25c.....	.0300
3 oranges at 30c a dozen.....	.0750
1 bunch celery	.0500
1 c walnut meats	.1250
Total	\$0.3466

Dressing.

	Cost.
3 T butter at 48c lb.....	\$0.0450
1 T flour	.0099
$\frac{3}{4}$ c milk	.0201
2 T sugar	.0052
3 eggs	.1200
$\frac{1}{4}$ t salt	.0001
$\frac{1}{4}$ t pepper	.0021
$\frac{1}{4}$ c vinegar	.0062
1 c whipped cream	.2006
Gas, 5 minutes	.0016
Total for dressing.....	\$0.4006
For salad	.3466

Cost for 12 people.....\$0.7472
Or 6 $\frac{1}{4}$ cents each.

Heat the butter, flour, milk and sugar, and when thick add three eggs beaten separately. Put in the salt, vinegar and pepper, and, lastly, the cream. Do not boil the cream.—Mrs. F. W. Kruse, 131 $\frac{1}{2}$ East 18th st., city.

Fruit Salad.

	Cost.
1 orange	\$0.0208
1 apple tart	.0200
1 banana	.0208
6 walnuts	.0500
$\frac{1}{2}$ cup whole raisins.....	.0375
2 tender stalks celery.....	.0126
2 t salt	.0006
1 T sugar	.0026
"War mayonnaise" dressing...	.0484
1 bunch lettuce	.0500

Cost of salad with dressing..\$0.2633

Dice fruit and celery, soak raisins a couple of hours before using; chop walnuts, add dash salt and sugar, mix with "war mayonnaise" and serve on lettuce leaves. I enjoy your page

very much and have found some dandy recipes. I am not sure of my prices.—Mrs. F. L. Finch, 742 East Sixty-fifth street North, city.

(I have corrected all prices in the above recipe except the six walnuts for five cents, which I do not understand, so will let it go at five cents' worth of walnut meats (which cost 12 $\frac{1}{2}$ cents per cup).

Fruit Salad.

Mrs. Spencer says: I am sending a collection of my best salad recipes, which I have used for years and we like them all. Hope they will be of some benefit to readers of the columns in the Woman's Telegram, as they are helpful to all of us.

	Cost.
1 package gelatine	\$0.1500
1 dozen bananas	.2000
1 dozen oranges	.2500
1 lb. English walnuts	.2500
1 can sliced pineapple	.2000
2 c sugar	.0825
1 pt. whipping cream	.4000

Cost for 25

Or 6 cents each.

I am sending this recipe for a large quantity of salad, as for special occasions or parties it might be useful. I know it is excellent, as I have made it many times.

Dissolve the gelatine in half a cup of cold water for 10 minutes, then pour on one quart of boiling water, add the sugar, set away to cool; peel and chop the oranges, slice the bananas and pineapple fine, chop the walnuts; when the gelatine is cold add the fruits; serve on lettuce leaves with whipped cream. This makes one gallon.—Mrs. G. Spencer, 1260 East Davis.

Salad Dressing for Fruit.

	Cost.
Juice 1 $\frac{1}{2}$ oranges	\$0.0375
Juice 1 lemon	.0250
$\frac{1}{2}$ c sugar	.0208
2 eggs	.0800
Gas, 10 minutes	.0019

Cost

Let juice and sugar come to a boil, then add two well beaten eggs and stir while it thickens, which takes about three minutes. This is nice to use with any fruit salad.—Mrs. G. Spencer.

Perfection Fruit Salad.

	Cost.
3 Jonathan apples, 6 lbs. 25c..	\$0.0300
4 slices pineapple, 20c can....	.1000
1 large orange, 30 dozen.....	.0250
1 banana, 25c dozen.....	.0208
$\frac{1}{2}$ c chopped walnuts, 25c lb..	.0625
122 canned cherries (home canned)	.02200
3 T calad dressing	.0400
1 c cream	.1500
2 2T sugar	.0052

Cost to serve six people....\$0.4535
Or 7 $\frac{1}{2}$ c each.

Cut the fruit into small pieces, mix all together, add sugar to the cream and salad dressing, mix all thoroughly with a fork to avoid breaking the fruit, and serve on lettuce leaves. This is enough for six people.—Mrs. G. Spencer.

Fruit Salad.

	Cost.
Lettuce	\$0.0500
1 orange at 40c doz.....	.0333
1 grapefruit	.0500
2 bananas at 20c doz.....	.0167
¼ cup walnuts	.0312

Serves six for\$0.1812
Or 3 cents each.

Peel fruit, cut in small pieces and chill thoroughly. Have ready crisp lettuce on which arrange mixed fruit. Sprinkle with nuts and add French dressing just before serving.—Dr. E. M. Wickstrom, 7522 Montgomery Drive, City.

Fruit Salad.

Mix one cup of diced oranges, one cup of diced apples, one cup of diced bananas and half a cup of stoned cherries. Any fruit may be combined as, grapes cut and seeded, grape fruit diced, oranges and berries. Put in a bowl and pour over them a French dressing. Serve cold.—M. M. G.

Apple Salad.

	Cost.
2 lemons	\$0.0500
3 T sugar	.0078
1 T flour	.0009
2 eggs (cooking)	.0800
1 c chopped celery	.0143
2 lbs. apples	.1000
¼ t salt	.0001
Gas, 10 minutes	.0019

Cost to serve six persons....\$0.2550
Or 4¼ cents each.

To the juice of the lemons add one-half cup of cold water, let come to a boil. Cream the sugar and eggs together, now slip the flour in smoothly and pour into the lemon juice and water. Boil five minutes; when cool pour over the apples and celery. This will also need a little salt, as I omitted the butter.—Mrs. G. Spencer, 1260 East Davis street, city.

Apple and Celery Salad.

	Cost.
1 lb. apples.....	\$0.0500
2 cups chopped celery.....	.0286
½ cup nut meats.....	.0625

Boiled salad dressing.....\$0.1411
Serves 6 people for a total of \$0.2579
or 4 1-3 cents each.

Cut apples into dice and mix thoroughly with chopped celery. Pour over this mixture the boiled salad dressing as given for cabbage salad. Sprinkle each portion with nut meats and serve at once on crisp lettuce leaves.

These are my favorite two salads. The apple and celery salad is especially nice to serve at Thanksgiving or Christmas.—Mrs. H. G. Thying, 326 East Mohawk street, St. Johns, Or.

Apple and Celery Salad.

	Cost
2c diced apples.....	\$0.0400
2c cut celery.....	.0286
1c cream salad dressing.....	.0956
½ lemon (20c doz.).....	.0084

5 cupfuls cost.....\$0.1726
Or 3½ cents per cupful.

To prepare the apples, peel and cut as nearly as possible into half-inch cubes. Marinate the apples with a tablespoonful of lemon juice. Mix well in order to prevent discoloration. Cut the celery quite finely and mix with the apples. Mix these ingredients with the cream salad dressing and serve with a garnish of lettuce.—M. M. G.

Apple-Date-Celery Salad.

	Cost
1 large apple.....	\$0.0200
5 tender stalks celery.....	.0315
12 dates	.0500
5 lettuce leaves (.03 a head).....	.0100
1 egg	.0400
¼ t salt.....	.0001
¼ t paprika.....	.0031
1 t lemon juice.....	.0125
1 cup Wesson oil.....	.0906
2 tablespoonfuls boiling water	.0000
½ mayonnaise dressing.....	.0625

Serves 5 people at cost of..\$0.3203
Or about 6½ cents each.

Pare, core and quarter apple, or cut in small pieces. Sprinkle lemon juice over these. Cut celery in small pieces. Pour boiling water over dates and remove the stones. When cold cut in four of five lengthwise pieces. Mix together apple, celery and dates and add ½ cup of mayonnaise dressing and mix again. Serve on lettuce leaves.—M. M. G.

Apple, Celery and Nut Salad.

	Cost
2 c celery, chopped.....	\$0.0286
1 c apples, chopped.....	.0200
¼ c nut meats, chopped.....	.0313
Lettuce	.0500
Half the cream dressing.....	.0432

Cost\$0.1731

Add a pinch of salt to the celery and mix with apples and nuts; now add the dressing, mixing with a fork. Arrange the salad nicely on crisp lettuce leaves on individual plates.—Mrs. W. E. Smith, Galvin, Wash.

Apple and Grape Salad.

Pare apples and dice them. Wash the grapes, cut them in two and remove the stones. Mix the fruit and serve on lettuce leaves. Moisten with French dressing.—M. M. G.

Apple and Nut Salad.

	Cost.
2 large apples	\$0.0200
½ c English walnut meats	.0625
¼ c French dressing	.0120
¼ c boiled dressing	.0263
1 sweet green pepper	.0200
1 small head lettuce	.0500

Cost to serve six people\$0.1908
Or 3 cents each.

Wipe and pare apples and shape into small balls, using a French vegetable cutter. Marinate balls with French dressing and chill thoroughly. Just before serving roll in boiled dressing and then in chopped nut meats. Make a small incision in each with a toothpick, and insert strips of green pepper to represent stems; arrange on crisp lettuce leaves, which have been marinated with French dressing. This is as picturesque as it is edible, and vice versa. This will serve six persons.—Mrs. W. S. Roberts, 1310 Clay street, city.

Plain Apple or Pear Salad.

Take ripe eating apples or pears, pare, core and slice thin. To each individual dish shake over a little salt and one teaspoonful sugar; add two teaspoonfuls corn oil and some vinegar and one teaspoonful cream. Stir well and serve with bran light bread.—Mrs. Turner, Corvallis, Or.

Rad-Apple Salad.

	Cost.
1 good apple	\$0.0100
2 medium-sized Chinese radishes	.0200
1 t oil	.0019
1 t vinegar	.0003
Shake of salt	.0001

For each person\$0.0323

Peel and slice radish and apple, add dressing and mix well. Serve with white or brown bread and butter.—Mrs. Turner, Corvallis, Or.

Apple Salad in Apple Baskets.

	Cost.
6 large red apples (any kind of good flavor, raw).....	\$0.0500
1 bunch celery	.0500
Walnuts	.1000
½ pt. mayonnaise	.1525

Serves six people for.....\$0.3525
Or 6 cents each.

Polish apples, and cut into shape of baskets, saving pieces in cold water. These are to be cut into very small pieces, diced and mixed with diced celery and the walnuts which have been shelled and broken into small pieces. Pour over the mixture the

mayonnaise and fill your apple cups. Serve in individual plates surrounded by sprigs of parsley, curly kale, pepper grass or garden mustard. Must be served at once after mixing.—Mrs. Kittie Turner, Corvallis, Or.

Banana Salad.

4 large bananas	\$0.1000
½ cup walnut meats, chopped.	.0625
1 small head lettuce	.0400
2 T Wesson oil	.0114
1 t vinegar	.0005
1-3 t salt	.0001
½ t white pepper	.0010

Will serve 8 people at cost..\$0.2155
Or about 2½ cents per person.

Peel bananas, cut in halves lengthwise, sprinkle with French dressing and roll in walnut meats. Serve on lettuce leaf, adding a few whole nut meats. Stuffed olives may be added at small cost.—Mrs. Theo Anthony, 588 Pettygrove st., City.

Banana and Walnut Salad.

	Cost.
3 bananas (20c doz.)	\$0.0500
2 T chopped English walnuts..	.0156
1 scant T cream.....	.0100
1 t sugar	.0009
2 T cream dressing	.0120

Cost for 6 portions.....\$0.0885
Or 1½ cents per portion.

Mix the cream dressing with the cream and sugar. Peel and cut the bananas into halves lengthwise. Place one-half of a banana on a lettuce leaf and pour over it a generous spoonful of the dressing. Sprinkle each half with a teaspoonful of the chopped English walnuts.—M. M. G.

Banana Salad.

Peel the bananas, cut them into halves, and marinate them in French dressing. Put the fruit in a bowl lined with lettuce leaves, add one grapefruit cut into dice and a cup of chopped nuts sprinkled over the top. Serve with cream dressing.

Banana Salad.

	Cost.
3 bananas (large), 25c doz.....	\$0.0624
½ c walnut meats, 30c lb.....	.0625
1 c salad dressing (homemade)	.0743

Cost to serve 6 persons.....\$0.1992
Or 3½ cents each.

Slice the bananas lengthwise and place them on lettuce leaves. Put a tablespoonful of dressing over each and sprinkle over with chopped nuts (the same salad dressing as I used on Minnehaha salad).—Mrs. G. Spencer, 1260 Davis st., City.

For the Latest Household Hints Read The
Telegram's Woman's Page

so have added no cost for fuel. Cut up meat in small pieces, dice potato, chop celery and onion, also parsley very fine. Mix all together and add dressing. To the above mayonnaise omit the lemon juice and add 1 T Tarragon, 1 T tomato catchup and 1 red chili.—M. E. Dittmar, 971 E. Taylor st., city.

Meat or Fish Salad.

	Cost.
1 c chopped meat or fish (left-overs)	\$0.0000
1 c chopped celery	.0143
1 T chopped onion	.0010
½ head lettuce	.0250
½ green bell pepper	.0188
1 hard-boiled egg	.0500

Cost of salad beside meat...\$0.1091

Salad Dressing.

	Cost.
1 egg beaten	\$0.0500
2 T lemon juice (1 lemon)	.0167

Fish Salads

Salmon Salad.

	Cost.
½ lb. salmon	\$0.1000
1 t salt	.0003
¼ c onion	.0041
1 T vinegar	.0016
Gas, 6 min.	.0011
Lettuce	.0500
Cucumber	.0500
Tomatoes (3 medium)	.0400

Serves six for.....\$0.2471
Cost for one person 4 cents.

Clean salmon, cut in pieces, rub into it the salt and sliced onion. Let stand two hours. Scarcely cover with boiling water, add vinegar, boil six minutes. Remove to cool place and let stand till next day. Drain, separate from bones carefully, so as not to break fish much. Arrange on lettuce leaves surrounded by tomatoes and cucumbers. Serve with mayonnaise. Any other leftover fish may be used in this way or potatoes or other vegetables added so as to allow the salad to be used as the principal dish at luncheon.—Dr. E. M. Wickstrom, 752 Montgomery drive.

Salmon Salad.

	Cost.
1 lb. boiled or canned salmon.....	\$0.2500
2 lbs. cold boiled potatoes.....	.0400
1 head lettuce	.0500
2 T lemon juice	.0260
1 t salt	.0003
1 t paprika	.0125

Cost of salad

Use with it Durkee salad dressing. Makes about eight cupfuls for about 5 cents each for the salad, besides the dressing.

Flake salmon, dice potatoes fine, shred lettuce, mix together with lemon juice, salt, paprika and Durkee salad

½ t mustard.....	.0042
½ t pepper.....	.0042
1 t salt.....	.0003
1 t sugar.....	.0009
1 c Wesson oil.....	.0906

Dressing	\$0.1669
Salad cost	.1091

Total

Serves four people at a cost of seven cents each. This recipe is designed for the use of left-over meat or fish of any kind, and will be found to be a pleasing way of disguising a small amount of left-over food.

In mixing the dressing, I have found that if egg, seasoning and lemon juice are first beaten together thoroughly, the oil may then be added very rapidly with no danger of spoiling the dressing. This is a great timesaver.—Mrs. J. DeWitt White, Ridgefield, Wash.

dressing. Serve on lettuce leaves.—Mrs. M. C. Thronson, 790½ East Morrison street, city.

Salmon Salad.

	Cost.
1 lb. potatoes	\$0.0200
½ c cucumber (or 1 c beets) ..	.0200
½ c celery	.0071
1 c canned salmon.....	.1000
½ c chopped onion	.0167
1 c grated carrot.....	.0150
1½ T flour	.0014
1 t mustard	.0083
1 t salt	.0003
1 t brown sugar	.0417
½ t paprika	.0025
1 egg	.0500
1 c Wesson oil.....	.0906
1 lemon (juice)	.0250
½ c water	.0000
Heart of lettuce or endive.....	.0500
Fuel ½ time, fir wood, 15 min..	.0051

Serves 8 at a cost of.....\$0.4537

Or about 5½ cents each.

Boil potatoes with skins on. When cold pare and cut in cubes. Also dice celery, cucumbers and beets. Shred salmon, add onion. Mix all lightly and place on lettuce or endive leaves and pile mayonnaise over.

Mock Mayonnaise Dressing.

Beat 1 whole egg and add gradually 1 cup Wesson oil. Have cooked together salt, mustard, sugar, flour, paprika and water into a smooth paste. Beat while hot into egg and oil until thoroughly blended; thin with lemon juice or vinegar.

This is cheaper than regular mayonnaise, easier to make, failure is almost impossible, and will keep longer and is liked by many who do not want the genuine.—Mrs. J. B. McCreary, 78 East Buffalo street, city.

Salmon Salad.

	Cost.
1 can salmon	\$0.3000
Celery hearts	.0509
3 apples	.0300
$\frac{1}{2}$ c walnut meats	.0625
Mayonnaise dressing	.2522

Cost to serve 8 people.....\$0.6947
Or 7 $\frac{1}{4}$ cents each.

Pick the salmon free from bones, chop the apples, celery hearts and nuts, mix all together with salad dressing made thus:

	Cost.
1 c Wesson oil	\$0.0906
1 egg	.0500
1 t salt	.0003
$\frac{1}{2}$ t paprika	.0063
2 T vinegar or juice of one lemon	.0200
1 T mustard, dry	.0250

Cost of salad

\$0.2522
Mix the dry ingredients with well beaten egg, add the oil and vinegar, spoonful at a time, beat with egg-beater till thick and creamy.—Mrs. G. Spencer, 1261 East Davis street, city.

Green Peppers, Salmon Filling.

One can of salmon flaked, quarter teaspoonful salt, two tablespoonfuls of chopped gherkins, two tablespoonfuls of chopped olives, two tablespoonfuls of chopped capers. Mayonnaise dressing and green peppers. Remove seeds, membrane and stem end from peppers and soak in salt water. Mix gherkins, olives, capers and salt with salmon; add enough mayonnaise to hold it together; fill peppers, garnish and serve.—Mrs. J. A. Noble.

Tuna Fish Mock Chicken Salad.

	Cost
1 can tuna fish.....	\$0.1500
1 bunch celery.....	.0500
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0010
$\frac{1}{2}$ ead lettuce.....	.0250
$\frac{1}{2}$ c boiled dressing.....	.0527

Cost to serve 6 persons....\$0.2790
Or 4 2-3 cents each.

One can tuna fish, one small bunch celery; put these in your chopping bowl and chop fine; be sure to use only the celery stalks; add salt and pepper to taste. Place on lettuce leaves and pour salad dressing on. This cannot be told from the real chicken, for I have served it to company and at parties, and after your guests eat it, if you tell them it was not chicken they will hardly believe you. I hope all lovers of salads will try and report.

This I have had for a long time. It is fine. I use the boiled or French dressing, just as one likes. We prefer the boiled dressing. It will serve six persons.—Mrs. W. S. Roberts, 1310 Clay street, city.

Tuna Fish Salad.

	Cost.
1 can tuna	\$0.1500
1 c celery	.0143
$\frac{1}{2}$ c sweet pickles	.0500
$\frac{1}{4}$ c cream	.0400
Juice of 1 lemon	.0250

Serves 4 or 5 at cost of.....\$0.2793
Or about 6 cents each.

Flake the tuna carefully, add the celery chopped fine and the pickles sliced thin or diced. Add the juice of the lemon, also some of the juice from pickles. Set aside to get very cold. When ready to serve, pour over the whipped cream and mix lightly. Serve on lettuce leaves.—Mrs. M. E. Dittmar, 971 East Taylor street.

Tuna Fish Salad.

	Cost.
1 can tuna fish	\$0.1500
3 medium tomatoes	.0500
1 bunch celery hearts	.0143
Lettuce	.0500
1 large green cucumber.....	.1000
Durkee's salad dressing.....	.1500

Cost

\$0.5143
Part the fish with a fork and remove any small bones; slice tomatoes, cucumber; cut up celery in small pieces and put all together on large platter or salad dish, lined with lettuce. Pour salad dressing over all and serve.—Mrs. Jones, 3922 Forty-eighth street Southeast, city.

Shrimp Salad.

	Cost.
1 small cabbage (about 5 cups).....	\$0.0440
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{4}$ t white pepper.....	.0021
$\frac{1}{2}$ French cream salad dressing.....	.0432
1 can shrimps.....	.1250

Cost

\$0.2145
Mix cabbage, salt, pepper and shrimps, chopping the shrimps in small pieces and reserving a few whole ones to decorate the top. Mix with dressing.

French Cream Salad Dressing.

	Cost
$\frac{3}{4}$ c vinegar.....	\$0.0188
$\frac{1}{4}$ c water.....	.0000
1 egg	.0400
1 t mustard.....	.0083
1 t sugar.....	.0026
$\frac{1}{4}$ t salt.....	.0001
1 t butter.....	.0032
$\frac{1}{4}$ c top milk.....	.0134

Cost

\$0.0864
Beat the egg, then add other ingredients, excepting milk. Put on stove and stir until it begins to bubble; then remove and set away in earthen bowl to get thoroughly chilled. Just before mixing with salad add the milk, or cream would make an improvement.—Mrs. W. E. Smith, Galvin, Wash.

Shad Roe Salad.

	Cost
½ lb. shad roe.....	\$0.2500
1 t salt.....	.0008
1 onion.....	.0125
Lettuce, 3 heads.....	.1500
French dressing.....	.1400
Gas ½ hour.....	.0057

Serves eight for.....\$0.5590
Or 7 cents each.

Boil shad roe in boiling salted water, in which the onion has been cooked, for 20 minutes. Drain and when cool cut in thin slices. Mix with the lettuce which has been washed well and cut into sections. Over this

pour the French dressing and serve.
—Agnes Rhorer, 1107 West Fourteenth Street, Vancouver, Wash.

Oyster Salad.

	Cost
2 (medium) potatoes, cold....	\$0.0100
2 hard-boiled eggs.....	.0800
1 (small) can oysters.....	.1250
½ c nut meats.....	.0625
Pepper and salt.....	.0032
Serve with mayonnaise dressing	.1000
6 portions cost.....	\$0.3807
Or 6 1-3 cents each.—Amy B. Westbrook, 1540 Salem Road, Albany.	

Salad Dressings**Boiled Dressing.**

	Cost.
1 egg	\$0.0400
¼ c vinegar	.0002
½ t salt	.0002
1 T sugar	.0026
1 t flour	.0003
1 t mustard (dry).....	.0083
¼ c water	.0000
Gas, 6 minutes	.0011

Cost

Beat egg thoroughly, add salt, sugar and a dash of cayenne pepper; mix flour and mustard in the ¼ cup of water; heat the vinegar to boiling, remove from the fire and add all to the hot vinegar; return to the fire and cook until it thickens (about three minutes), stirring constantly; add a few drops of onion juice if you like it. This is very economical and attractive.—Mrs. W. S. Roberts, 1310 Clay street, city.

"War Mayonnaise" Dressing.

	Cost.
1 T flour	\$0.0009
1 T Wesson oil	.0057
½ c cold water	.0000
1 egg yolk (½ egg)	.0200
1 t vinegar	.0016
1 t sugar	.0009
½ t salt	.0002
¼ t pepper	.0010
¾ T oil	.0171
Gas, 5 minutes	.0010

\$0.0484

Serve the following "war mayonnaise" on cauliflower cooked ½ hour in salted water, to which add one clove garlic, one tablespoonful flour, one tablespoonful Wesson oil, ½ cup cold water; cook till it thickens, then let cool, add the yolk of one egg, any seasoning desired, lemon juice or vinegar, little sugar, salt, white pepper. Whip with egg beater. You may add two or three tablespoonfuls of oil to thicken. This makes a delicious dressing for fruit salads, using the white of the egg instead of the yolk. This costs about one-third less than the regular way to make mayon-

naise and is a delicious dressing.—Mrs. F. L. Finch, 742 East Sixty-fifth street, North, city.

Mayonnaise Dressing.

	Cost.
1 egg yolk	\$0.0200
1 c Wesson oil	.0906
½ t salt	.0002
½ t paprika	.0016
½ T lemon juice	.0125

Total

Beat yolk of egg, add salt and paprika and lemon juice; beat with egg beater until blended well; then add the oil, a teaspoonful at a time until a cup is used. Then beat in two tablespoonfuls boiling water, one at a time. As you will need about one-half of the dressing on the salad, the rest may be put in a cool place and used another time.—Mrs. P. Anthony, 588 Pettygrove street, city.

French Dressing.

1 egg yolk	\$0.0200
1 c oil (Wesson)	.0906
½ t salt	.0003
½ t mustard (dry)	.0042
½ t vinegar	.0003
1 t sugar	.0009
2 T lemon juice (1 lemon).....	.0250
Dash cayenne pepper	.0001

\$0.1414

Beat yolk of one egg, add slowly, drop by drop, one cup of oil, stirring constantly; add salt, mustard, sugar, a dash of cayenne pepper, a few drops of onion juice, ½ teaspoonful of vinegar, and lastly the two tablespoonfuls of lemon juice.—Mrs. W. S. Roberts, 1310 Clay Street, City.

(I think Mrs. Roberts is mistaken in calling this a "French Dressing." What we understand by that term is a mixture of oil and vinegar, salt and pepper, with a little other seasoning like onion juice if desired. This is mixed plain, and the oil is never beaten into an emulsion with egg. When that is done, as in this recipe, the dressing is called a mayonnaise always.)

French Salad Dressing No. 1.

	Cost.
4 T oil (Wesson)	\$.0228
1 T vinegar	.0016
$\frac{1}{2}$ t salt	.0001
$\frac{1}{8}$ t paprika	.0016

About 1-3 cupful costs.....\$.0261
Or 8 cents per cupful.

Put four tablespoons of olive oil in a bowl with one tablespoon of white wine vinegar, half a teaspoon of salt and a saltspoon of paprika. Mix with a small size Dover egg beater.—M. M. G.

French Dressing No. 2.

	Cost.
1 t salt	\$.0001
$\frac{1}{8}$ t paprika	.0016
$\frac{1}{8}$ t black pepper	.0010
4 T oil	.0228
1 T vinegar	.0016

About 1-3 cupful costs.....\$.0271
Or 8 cents per cupful.

Put one teaspoon of salt in a bowl with one saltspoon of paprika and black pepper, add four tablespoons of oil and mix well, beating with a silver fork. Then add slowly one tablespoon of lemon juice or vinegar, and the dressing will become white and thicker. The ingredients should be so well proportioned and blended that no one ingredient can be distinguished.—M. M. G.

Thousand Island Salad Dressing.

	Cost.
1 c mayonnaise (tarragon vinegar)	\$.2000
1 T whipped cream	.0200
1 t chopped parsley.....	.0000
1 t sugar.....	.0009
1 Spanish pepper chopped fine	.0125
$\frac{1}{2}$ c chili sauce.....	.0750
Lettuce, 4 heads.....	.2000

Serves eight people for.....\$.05084
Or $6\frac{1}{4}$ cents each.

Mix all together and serve on lettuce. The lettuce should be cut in halves, washed well and left to drain in cloth bag on the ice for one hour before serving.—Agnes Rhorer, 1107 W. 14th st., Vancouver, Wash.

Cream Dressing.

	Cost.
6 T heavy cream.....	\$.0750
2 T vinegar.....	.0032
$\frac{1}{2}$ t salt.....	.0001
Few grains cayenne.....	.0001
3 T oil.....	.0171

About 1 cupful costs.....\$.0955
Or 1 T costs \$.006.

Beat the cream until stiff, using a small size Dover eggbeater. Add the seasoning, oil and vinegar slowly and beat until well blended.

Salad Dressing.

	Cost.
1 c potato	\$.0100
1 T Wesson oil.....	.0057
1 t mustard.....	.0083
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0020
1 c canned cream.....	.1125
1 c vinegar.....	.0250

Cost

When boiling potatoes, take one medium size one out and mash fine, blend with one tablespoonful of Wesson oil; add one teaspoonful mustard, one teaspoonful salt, quarter teaspoonful pepper, one cupful canned cream, one cupful of vinegar. This does not need any further cooking, and is very handy where unexpected company comes. Sour cream may be used in place of the canned. (One medium sized potato will not make a cupful.)—Mrs. G. Spencer, 1260 East Davis street, city.

Whipped Cream Dressing.

	Cost.
1 c whipped cream.....	\$.0100
3 T sugar.....	.0078
1 T lemon juice.....	.0006
1 t mustard.....	.0028

Cost

Add to the whipped cream the sugar, lemon juice and mustard and serve on fruit salads. Delicious.—Mrs. J. L. Ringo.

Cheese Salad Dressing.

	Cost.
2 T cheese	\$.0094
6 T cream	.0540
2 T vinegar	.0032
$\frac{1}{2}$ t salt.....	.0001
$\frac{1}{8}$ t pepper.....	.0010

Cost

Rub the cheese with the cream, add other ingredients and serve on lettuce, cress or finely shaved cabbage.—Mrs. J. L. Ringo.

Cream Salad Dressing.

	Cost.
1 c sour cream.....	\$.0100
2 T lemon juice.....	.0250
$\frac{1}{4}$ t mustard.....	.0020
1 T sugar.....	.0026
1 t salt.....	.0003

3 cups dressing.....

Or 6 cents per cup.

(Cream increases to three times its bulk in whipping.)

Take sour cream, one teacup or so, whip till thick, add two tablespoon-

For the Latest and Best Recipes Read The
Telegram's Woman's Page

fuls of lemon juice (or vinegar if necessary), $\frac{1}{4}$ teaspoon mustard, one tablespoon sugar and one teaspoon salt; stir all well together. Use on cabbage or potato salad, or use on fruit salad, leaving out the mustard. Keep cold after made as it will not keep long. Put paprika peppers on top to garnish.—Mrs. F. N. C., 790 E. Ankeny st., city.

Cheese With Salads.

Cheese or cheese dishes are an acceptable addition to salads. Neufchatel or other cream cheese, either plain or mixed with pimentos and olives, may be served with lettuce or may be cut into slices and served on lettuce. Cheese balls are often served with salad. They are made of some soft cream cheese and are frequently combined with chopped chives, olives, sweet peppers, chopped nuts, etc., for the sake of adding flavor. Spinach extract, etc., is sometimes mixed in for the sake of color. If the balls are rolled in chopped chives or parsley, both flavor and color are supplied. Cottage or "Dutch" cheese may be used also, seasoned in various ways and rolled into little balls. It is very cheap and attractive.—I. G. C., 790 East Ankeny street, city.

Nuts.

(Here is a good suggestion about nuts that was omitted from our previous work, so I will insert it here, as we are using them in our salads.)

When nuts have become too dry to be good, let them stand over night in equal parts of milk and water. Then dry slowly in a moderate oven.—Amy B. Westbrook, 1540 Salem road, Albany, Or.

Greens for Garnishing.

Have a box or large pan in any convenient window, basement or any other place. Have a rich garden soil in it and plant cress, chick weed and parsley. In this climate you can have parsley and garden mustard (curly) outdoors most of the winter. When frost touches the curly mustard it turns a beautiful red and yellow. Curly Scotch kale is very good for garnishing; when small is edible.—Mrs. Kittle Goodall Turner, Corvallis, Or.

(Kale "greens" are good all winter. Cook the tender inside leaves and they are as good as spinach. They may be parboiled and the water turned off at once, if the flavor is too strong, but my family like them without.)

Additional Recipes

Mrs. Housewife!

*Portland's Leading Evening
Newspaper is*

*The
Evening
Telegram*

*We leave this to your own
good judgment*

*This book which you are now reading
is only one of the up-to-date ideas of*

*The Paper that Does
Things*

*If you like it, tell your friends
Ask them to call—*

Broadway 200 A 6701

**The Conservation
of
Sugar and Fats**

in

Pastry Puddings
Jellied Desserts
Ices and Ice Creams
Etc.

With a Few Recipes for Making

Cakes

and

**Conservation
Candies**

Conservation of Sugar and Fats

In the Preparation of

I. Pastry—

Making pie crust
Blackberry pie
Green currant pie
Green gooseberry pie
Apple pies
Lemon pie
Pumpkin pies
Hickory nut pie
Tarts

II. Puddings—

Carrot
Plum
Christmas
Sweet potato
Maple
Fruit Puddings—Prune, cherry, apple tapicoa, peach tapicoa, fig, date
Bread crumb puddings
Widow Bedott's
Rice
Indian meal
Graham
Baked pancake
Quick puff

III. Other Desserts—

Stewed fruits
Fruit Desserts—Apple, prune, dates, strawberry
Custards—Banana, steamed, coffee
Chocolate
Jellied desserts—Coffee, prunes, pineapple, dates, etc.
Ices—Lemon, pineapple
Brown bread ice cream
Brown sugar ice cream
New Year's sherbet

IV. Cakes—

V. Candies—

Our Desserts

This is the call we sent out to our housewives:

Please study your recipes and see how they can be made to conform to Mr. Hoover's requests. You know that, and can study it for yourselves, just as well—(undoubtedly better) than I. How can we cut down on sugar in puddings? By using honey? By using Karo (corn syrup)? No maple sugar or maple syrup can be made out here, and it is too expensive to ship it so far for ordinary cooking. What recipes have you for puddings using New Orleans molasses, or any other substitute for sugar? Let us see what Western women can do when they try.

Then as to fats. What can we use instead of fats? How can we make pie crust without lard? How can we make puddings and pudding sauces without butter? By using fruit juices for sauces? If so, won't it take too much sugar to sweeten the fruit juice? We can use sweet oranges and eggs. Even if eggs are "high," our basis just now is conservation of sugar and fat, instead of economy. If our country asks us to do certain things we must do them, even if they do cost us more. (Cost! What is this war costing us now in men and money? The little extra cost of our food is a very small thing we are asked for). Then after conservation must come economy. Let us have all our recipes just as economical as is consistent with saving the fats and sugars for our soldiers and our allies.

Our response in the following recipes is from women who are honestly trying to meet Mr. Hoover's requests; but this is all new work to all women, and we can't adjust our standards and change our recipes on short notice. Never before were we asked to cook without using lard or butter or sugar. Our recipe books don't help us here at all. The only thing we can do is to "cut and try" and be unselfish and patriotic enough to give the widest publicity to any new combination along these lines we can work out. A few women do not seem yet to know that our nation is at war; that our standards of cooking have changed; that Mr. Hoover has told us what we can use, and that these are requirements that we must follow, just as the conscripted soldier obeys orders. These are our orders. Can't we all obey them willingly? Can't we all do this little thing—sacrifice our pride in our delicious cooking and our own appetite for delicacies? What is all of that—what is any kind of food, so that we can live and work upon what we get—when we think of our own American

boys in those awful drives they are now making on the front lines? Do let's wake up. Do let's be in deadly earnest to do all we can (it is so little, nothing, almost, in comparison). Let us say: If meat (and sugar and fats) maketh those who are fighting for us strong, I will eat no meat (or sugar or fats) while the war lasts!

PASTRY.

We have not very many pie recipes. I wonder why. I thought we all made more pies than puddings, usually. You know pie is called "the great American dish" abroad, but we don't seem to be living up to our reputation, somehow. Is it that it is harder to make conservation pie than pudding? It doesn't seem as though it would be in the filling, anyway, as we can make all kinds of fruit pies from our abundance of canned fruit that we get so freely and cheaply out here. Then there is my green tomato mincemeat, but I really must not mention that again, or you will rebel. If we use Cottolene, Kaola, Crisco, etc., in place of lard in our crusts we will be able to make good conservation pies.

Making Pie Crust.

Before putting a filling into your pie, brush over the bottom of your pie with a little of the beaten white of an egg; then sift over a little flour or corn starch. This will prevent the bottoms from becoming soaked if pies stand a while before being used.—Mrs. Williams.

To Prevent Juice From Running Out.

A two-inch length of macaroni set through the upper crust makes a good tube. The juice will bubble up in this instead of running out.

Mixing the white flour with one-third to one-half its bulk with corn meal will make a lighter and more digestible crust.

Never use any wetting in your fruit pies.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

The surest way I know for an inexperienced cook, and the quickest for an experienced one, to keep a fruit pie from running over, is to have a piece of old white cloth, torn a couple of inches longer than the distance around your pie tin; and then every time you make a pie tear off a strip an inch or so wide, wet in cold water and bind around the pie just before putting in the oven. You can fasten it with a pin or a little flour at the ends, and your pie is certain not to run over.

AUNT PRUDENCE.

Pastry

Recipes Required.

Desserts, pastry, puddings, ices, etc., endeavoring to conform all recipes to Mr. Hoover's requirements as nearly as possible.

A puzzle for all Portland housewives to solve for themselves and all other women, is to save the fats, save the sugar, and yet give us recipes for good desserts.

First Prize.

For the best pie made as above, conserving as the food administration suggests, without regard to economy.

This prize was won by Mrs. Spencer, with the following pie (of which I ate a large part myself and found it as delicious a pie as I ever tasted):

Blackberry Pie (Large).

	Cost.
1½ c flour.....	\$0.0211
2 T homemade compound.....	.0312
¼ t salt	.0001
½ c water (very cold).....	.0000
Blackberries (home canned)...	.0900
2 T flour	.0018
1 T milk	.0017
Gas, 20 minutes.....	.0085

Cost\$0.1544

The pie crust is made the same as for apple pie. When the pie plate is lined, put the flour in; then the blackberries. Roll out crust for the top. Make leaves on the top by pricking with a fork, moisten edges of the lower crust with cold water, put on the top crust, press together, brush over with milk and bake in a moderate oven 20 minutes.—Mrs. G. Spencer, 1260 East Davis street, city.

Here is the crust recipe from Mrs. Spencer's apple pie, which was excellent:

Pie Crust.

Sift the flour and salt together, rub the shortening in with tips of fingers till it is fine like crumbs; now take out one-third of the mixture, mix the remaining part with the water (with a silver knife); turn out on a floured board, roll about one-quarter of an inch thick, sprinkle with some of the dry mixture, roll again, continue this process till all is used up; be sure to handle lightly; pare and core the apples; cut in thin slices, fill the lined pie plate, sprinkling the sugar and spices between, moisten the edges with cold water, put on the top crust and press together with a fork, brush over with milk and bake in a moderate oven.—Mrs. George Spencer, 1260 East Davis street, city.

Green Currant Pie.

Gather currants when fully grown or just before they turn red; mix 1½ T of flour with 1 c sugar and 2 c currants for one large pie. Bake with upper crust.

Green Gooseberry Pie.

1½ c gooseberries, 1 c sugar, 1½ t flour. Bake with upper crust.—Mrs. W. W. Williams, 1411 Rodney ave., city.

Crustless Pie Recipes.

Mrs. Moran says: Inclosed you will find some crustless pie recipes, which I am sure will be appreciated by those who are trying to conserve. No. 1. Fill a granite or aluminum pie pan with finely sliced apples of nice cooking variety. Make batter as for pancakes except stiffer and use 1 tablespoonful of shortening. Spread over apples, bake in moderate oven till apples are tender. The pan should be well greased before putting apples in. When done turn pie upside down on plate; this can be done by placing plate upside down on pie, then turn over. Sprinkle sugar and dust cinnamon with a few bits of butter over. This is splendid eaten while warm and is good cold.

Apple Pie.

Line pie pan with a good crust made as other crusts, adding a teaspoonful of baking powder. Use apples that cook readily, quarter and place in order in the pie—that is, place the quarters around and around until the pie is filled, having one layer. Blend one-half cupful of sugar with 2 tablespoonfuls flour. Dissolve with cold water, then fill cup with hot water. Pour over apples; place bits of butter and a dash of nutmeg over pie and bake moderately. There should be enough of the dressing to come well over the apples.—Mrs. C. Moran, Jennings Lodge, Or.

Apple Pie (Large).

	Cost.
1½ c flour	\$0.0211
1-3 c compound (home-made)...	.0200
¼ t salt	.0001
½ c water (very cold).....	.0000
5 cooking apples	.0500
2 T brown sugar	.0036
½ t cinnamon	.0052
½ t nutmeg	.0065
1 T milk	.0017
Gas, 25 minutes	.0106

Cost\$0.1188

Sift the flour and salt together, rub the shortening in with tips of fingers till it is fine like crumbs; now take out one-third of the mixture, mix the remaining part with the water (with a silver knife); turn out on a floured board, roll about one-quarter of an inch thick, sprinkle with some of the dry mixture, roll again, continue this process till all is used up; be sure to handle lightly; pare and core the apples; cut in thin slices, fill the lined pie plate, sprinkling the sugar and spices between, moisten the edges with cold water, put on the top crust and press together with a fork, brush over with milk and bake in a moderate oven.—Mrs. George Spencer, 1620 East Davis Street, City.

Dried Apple Pie.

Dried apples should be soaked over night, then stewed in just enough water to cover them for two or three hours. When soft, put through a coarse colander; season to taste with sugar and cinnamon, and bake open face or cross bars.

For one pie, take:

2 c apple sauce.

$\frac{1}{2}$ c sugar.

1 t cinnamon.

2 c dried prunes prepared the same as dried apples.

Make a most delicious pie.

Bake with one crust or cross bars.

—Mrs. W. W. Williams, 111 Rodney Avenue, City.

Lemon Pie.

Cost.

3 eggs, yolks, @ 60c per doz.	\$.0500
2-3 c sugar	.0278
1 $\frac{1}{2}$ lemons	.0436
2 $\frac{1}{2}$ T water	.0000
Electric current, 30 min.	.0085
Total	\$.0299

Beat eggs slightly, add sugar, lemon juice and grated rind and water. Bake in moderate to slow oven about 30 min. Cover with the following:

Meringue.

Cost.

3 eggs, whites (priced above)	\$.0000
$\frac{3}{8}$ c powdered sugar, @ 3 lb.	
for 25c. .08 1-3 per lb.	.0312
$\frac{1}{4}$ t lemon extract	.0146
Electric current, 8 min.	.0024
Total	\$.0490

Beat whites until stiff, add 1 T sugar gradually, beat well; fold in remaining sugar and extract. Bake 8 minutes in a moderate oven.

Crust.

1 c water	\$.0000
$\frac{1}{4}$ c rice	.0113
$\frac{1}{8}$ t salt	.0001

Extra cost of crust	\$.0114
Pie filling costs	.2299
Meringue costs	.0490

Cost of one lemon pie. \$0.2903
After first 5 min. cook in double boiler. Press boiled rice into shape in pie pan and let stand until it jellies. Pie should be served cold.

Dates or raisins added to lemon gelatine (plain) or plain tapioca make pudding that saves sugar.—Mrs. A. H. Pope, 1285 East Twentieth street South, city.

Fluffy Pumpkin Pie Filling.

	Cost.
1 c sieved pumpkin	\$.0200
1 egg (cooking)	.0400
$\frac{1}{2}$ c brown sugr	.0200
$\frac{1}{4}$ c cinnamon	.0041
$\frac{1}{4}$ t cloves	.0041
$\frac{1}{4}$ t vanilla	.0073
$\frac{3}{4}$ c hot milk	.0201
Pinch salt ($\frac{1}{8}$ t)	.0001

Cost of filling for 1 pie \$0.1157
Mix 1 cup sieved pumpkin, 1 teaspoonful melted butter, $\frac{1}{2}$ cup brown sugar, spices, salt, vanilla and $\frac{1}{4}$ cup hot milk. Add the beaten yolk of 1 egg and stir rapidly for a few minutes. Have ready the pie pan lined with short dough. Just before turning the mixture into the pan beat the white of 1 egg until very stiff and stir into it. Sprinkle with a wee bit of nutmeg and bake in a quick oven. This recipe is unusually light and savory. It involves a new idea which will not be found in ordinary cook book ways of making pumpkin pie.—Mrs. W. S. Roberts, 1310 Clay street, city.

(This recipe is undoubtedly delicious—but is it a conservation recipe, or an economy recipe? I wonder if honey could not be used for sweetening pumpkin pie!)

Pumpkin Pie.

Cost.

1 $\frac{1}{2}$ c pumpkin rubbed through the colander	\$.0375
1 $\frac{1}{2}$ c milk	.0402
1 c cream	.1000
$\frac{1}{2}$ c sugar	.0208
2 eggs	.1000
$\frac{1}{8}$ t ginger	.0010
$\frac{1}{8}$ t cinnamon	.0010
$\frac{1}{8}$ t nutmeg	.0020

Cost of one pie filling \$0.3025
Mix the above ingredients thoroughly and pour into a deep pie pan lined with a good, rich crust. Serve with whipped cream.—Mrs. Elias Brong.

Pumpkin Pie.

Cost.

2 c cooked pumpkin	\$.0250
1 c molasses	.0124
1 T melted Kaola	.0124
$\frac{1}{2}$ t salt	.0001
$\frac{1}{2}$ c sweet milk	.0134
1 T mixed spices	.0250
1 t vanilla flavoring	.0292
2 eggs	.0800
Makes two pies	\$.0275

Pastry.

Cost.

2 c flour	\$.0282
1 c Kaola	.2000
1 t salt	.0003
$\frac{1}{4}$ t baking powder	.0005

Cost of crust	\$.0290
Cost of pies	.2275

\$0.4565

Or nearly 23 cents each.

Enough ice cold water to barely

mix. Handle as little as possible.—Mrs. Hugh Latimer, 768 Johnson street, city.

Jam or Jelly Tart.

	Cost.
1 glass of jam or jelly	\$0.0700
1 c flour	.0142
2 T lard	.0312
¼ t salt	.0001
1-3 c cold water	.0000
Gas, 15 minutes	.0064

Costs\$0.1219

Make the same as pastry for apple pie; roll very thin into a long strip to fit dripping pan about 8 by 14.

Spread jam or jelly over this; put on top crust, rolled thin; press edges together and bake 15 minutes in hot oven.—Mrs. George Spencer, 1260 East Davis street, city.

Hickory Nut Pie.

	Cost.
1½ pts. milk	\$0.0755
4 t sugar	.0036
2 eggs	.0800
1 c chopped hickory nut meats	.1250

\$0.1841

Bake with an under crust only.—Mrs. W. W. Williams.

Puddings

Second Prize.

For the best pudding of any kind, with its sauce given, was won by Mrs. H. H. Barnes, with the following recipe for carrot pudding.

Carrot Pudding.

	Cost.
1 c karo syrup	\$0.0625
1 c grated raw carrots	.0150
1 c grated raw potato	.0100
1 c chopped Oregon English walnuts	.1250
½ lb. seeded raisins	.0750
1 egg (cooking)	.0400
½ c corn meal	.0141
1½ c flour	.0211
½ t soda	.0004
2 t baking powder	.0042
1 t nutmeg	.0130
1 t allspice	.0083
1 t salt	.0003
1 t Pearl shortening (for greasing)	.0027
Cost	\$0.3916

Jelly Sauce.

1 glass jelly (home-made)	\$0.0500
1 c cold water	.0000
1 t corn starch	.0005
Fuel (pudding), 3 hrs. ½ use	.0612

Total cost\$0.5035

Dissolve soda in a little warm water, stir in syrup, add other ingredients in order named. Turn into greased pudding mold, cover tightly and steam steadily for three hours. Any little dabs of jelly, preserves, stewed dried fruit or cold rice or oatmeal may be added with good results.—Mrs. H. H. Barnes, Ridgefield, Wash.

(There were many variations on this same pudding in the unpublished recipes, and I saw one much the same on the blackboard of the domestic science room in the Woodlawn school on Thanksgiving day, but our judge thought this one from Washington the best and most original of the many.)

This recipe of Mrs. Barnes' is one of the very few I have received that goes to the press absolutely without correction of any kind, and the conservation puzzle is surely solved in this splendid conservation recipe. I only wish she had told us how many it would serve.

Carrot Christmas Pudding.

	Cost.
1 c carrots, grated	\$0.0150
1 c potatoes, grated	.0100
1½ c raisins, chopped (½ pkg.)	.0800
1 c suet, chopped	.0375
1 t salt, level	.0003
1 t soda	.0007
1½ c flour	.0211
½ c sugar	.0208
½ c molasses	.0212
1 t nutmegs	.0130
1 t allspice	.0083
½ t cloves	.0083
1 c cinnamon	.0083
Fir wood, 3 hours, half use	.0612
Cost of golden sauce	.2042

Total cost\$0.5093

Serves 14 people at 3½ cents each.

Mix together potatoes, suet, carrots, sugar, molasses and raisins. Sift salt and soda in flour, add spices and mix all well together. Put into well-buttered molds set in sauce pan in boiling water to reach about half way up and steam three hours. Turn out carefully. Will keep for weeks. Steam over hot water slightly when wanted for use.—Mrs. H. G. Thyng, 326 East Mohawk street, St. Johns, Or.

Golden Sauce.

	Cost.
1 c sugar (scant)	\$0.0417
1-3 c butter	.0833
1 egg	.0500
1 t vanilla	.0292

Cost\$0.2042

Beat the sugar and butter to a cream; add the well beaten egg and vanilla to taste. Beat all well together.—Mrs. H. G. Thyng, 326 East Mohawk street, St. Johns, Or.

Uncle Wiggily Wants to Meet Every Child on The Telegram's Woman's Page

Carrot Pudding.

	Cost.
¼ c sugar	\$0.0104
1-3 c crisco	.0462
1 c grated carrot	.0150
½ c white flour	.0070
½ c whole wheat flour	.0074
11-3 c chopped raisins at 12½c per lb.	.0666
1-3 t allspice	.0027
1-3 t cloves	.0027
½ t cinnamon	.0027
1-3 t salt	.0001
1 c grated potato	.0100
1 t soda	.0007
Electricity 3 hours at 1 hour full, 2 hours low current....	.0019

Total\$0.1734
Cream crisco, add sugar, then carrot and raisins, flour and spices; lastly add soda mixed with potato. Stir into greased molds and steam from two to three hours, depending on size of molds. Individual molds are a dainty way of serving. Carrot and potato must be cut in meat grinder, but potato must not be chopped before it is needed or it will become discolored. Serve with lemon sauce.—Mrs. A. H. Pope, 1285 East Twentieth street South, city.

Lemon Sauce.

	Cost.
½ c sugar	\$0.0208
1 c boiling water	.0000
1 T corn starch	.0016
1 T oleomargarine at 35c lb....	.0109
½ t salt	.0003
1 lemon, large, at 35c dozen....	.0291
Electric current 8 min.....	.0024

Total\$0.0651
—Mrs. A. H. Pope, 1285 East Twentieth street, city.

Carrot Pudding.

	Cost
1 c dark brown sugar.....	\$0.0417
1 t Kaola (36c lb.).....	.0101
1 c chopped raw carrots.....	.0150
1 c chopped raw apples.....	.0125
1 c raisins	.0500
½ c flour.....	.0211
1 t soda.....	.0007
½ t salt.....	.0002
1 t cinnamon.....	.0083
¼ t cloves.....	.0021
Gas 10 minutes.....	.0019
Simmering 3 hours.....	.0120

Enough for 5 or 6 costs.....\$0.1756

Pudding Sauce.

	Cost
2 c hot water.....	\$0.0000
4 t corn starch.....	.0020
1 c sugar.....	.0417
Rind and juice 1 lemon.....	.0250
1 t Kaola.....	.0101
¼ t salt.....	.0001

Cost of sauce.....\$0.0789
Cost of pudding......1756

Total cost.....\$0.2545
Chop apples and carrots fine. Melt Kaola and mix all ingredients thoroughly. Put into greased baking

powder cans and steam in covered kettle 3 hours. This is good hot or cold and while not rich, tastes as good as real plum pudding. I do not know why graham flour, corn meal or even rye flour could not be used in place of wheat flour though I have not tried it. Perhaps even oat meal or rolled oats could be used.—Mrs. G. L. Lindsley, 1575 Hawthorne avenue.

Carrot Pudding.

(Will serve eight people.)

	Cost
1 c grated carrots.....	\$0.0150
1 c grated potato.....	.0100
1 c flour.....	.0141
1 c raisins.....	.0500
1 t salt.....	.0003
¾ t soda.....	.0006
1 t cinnamon.....	.0083
1 t molasses.....	.0027
Wood fuel 3 hours (½ use)..	.0612

Price of pudding.....\$0.1622
Or 2 cents each.

Mix ingredients, sifting soda with the flour. Turn into well greased 3-pound mold and put into kettle of boiling water. Boil three hours. Serve with vanilla sauce.

Vanilla Sauce.

	Cost
3 c water.....	\$0.0000
1 t flour.....	.0009
½ t salt.....	.0001
1 t vanilla.....	.0292
½ c honey.....	.0875
	\$0.1177

Take three cups boiling water; thicken with 1 teaspoonful flour; add a pinch of salt, flavor with a teaspoonful vanilla and honey to sweeten.—Clarissa Johnson, 525 Sixteenth street, city.

Kaola Carrot Pudding.

Mrs. John Hinkle says: "Following is the recipe for Kaola plum pudding which I have worked out myself and served my family for Thanksgiving dinner."

	Cost
1 c grated carrot.....	\$0.0150
1 c grated raw potato.....	.0100
1 c Karo syrup (light or dark) ..	.0625
½ c graham flour.....	.0074
1 c toasted and grated bread crumbs	.0150
½ c melted Kaola.....	.1000
1 t spice to taste.....	.0250
1 t baking soda.....	.0007
1 c raisins.....	.0500
½ c currants.....	.0500
¼ c lemon peel (home made)..	.0000
¼ c sliced citron (15c cupful)..	.0375
Fuel, wood 3 hours (½ use)..	.0612

Cost of pudding.....\$0.4343

Put together in order given and boil 3 hours in well greased lard pail.

Kaola Sauce.

1 c Karo syrup.....	\$0.0625
$\frac{1}{2}$ c chopped raisins.....	.0250
$\frac{1}{4}$ c Kaola.....	.0500
Fuel given above.....	.0000

Cost of sauce\$0.1375
 Mix together 1 cup Karo syrup, $\frac{1}{2}$ cup chopped raisins, $\frac{1}{4}$ cup Kaola, $\frac{1}{2}$ cup water. Boil five minutes and serve warm.—Mrs. John E. Hinkle, Ninety-sixth and East Oak streets. R. R. 1, box 16 $\frac{1}{2}$, Portland, Or.

Mock Plum Pudding.

	Cost.
1 c carrots (grated).....	\$0.0150
1 c raisins (chopped).....	.0500
1 c potatoes (grated).....	.0100
2 c rolled oats.....	.0328
$\frac{1}{2}$ c English walnuts (chopped)	.0625
1 c sugar.....	.0417
$\frac{1}{2}$ c suet.....	.0375
1 t allspice.....	.0083
1 t cinnamon.....	.0083
$\frac{1}{4}$ t cloves.....	.0021
1 t soda.....	.0007
1 t salt.....	.0003
Gas, one-third heat, 2 $\frac{1}{2}$ hours..	.0015

This will serve 12 people for. \$0.2707
 Or costs about 2 $\frac{1}{4}$ cents each.
 Mix all together and steam 2 $\frac{1}{2}$ hours. Serve with sauce made as follows:

	Cost.
1 R T flour (2 T).....	\$0.0018
1 T butter.....	.0156
$\frac{1}{4}$ c sugar.....	.0104
1 t lemon extract.....	.0292
2 c boiling water.....	.0000

Cost\$0.0570
 Cost of pudding..... .2707

Total cost\$0.3277
 —Mrs E. E. Litscher, 587 East Buffalo street, city.

English Plum Pudding.

	Cost.
1 lb. raisins.....	\$0.1500
1 lb. suet.....	.1500
$\frac{3}{4}$ lb. stale dried bread crumbs	.0400
$\frac{1}{4}$ lb. flour (whole wheat)....	.0141
5 eggs.....	.2000
1 lb. dried currants (or dried Oregon sweet cherries).....	.1500
$\frac{1}{2}$ lb. shredded candied orange peel (by-product).....	.0000
$\frac{1}{2}$ lb. mixed (Oregon) nuts....	.1250
$\frac{1}{2}$ nutmeg (grated).....	.0260
$\frac{1}{2}$ pt. grape (or loganberry) juice (25c pt.).....	.1250
1 T Pearl shortening for greasing.....	.0080
Wood, 11 hrs., $\frac{1}{4}$ use.....	.1122

About 6 lbs. of pudding costs. \$1.1003

Or 1 lb. costs 18 1-3 cents.

Stone the raisins, if needed, mix them and the currants with the orange peel, sprinkle over the flour, and mix until each particle of fruit is well floured. Then add the nuts that have been blanched and chopped fine. Add the nutmeg, bread crumbs and chopped suet. Beat the eggs without separating until light. Add the grape juice, pour this over the dry ingredients

and mix thoroughly. The pudding must be moist, not wet. Pack the mixture in greased molds, cover and boil or steam 10 hours. When done, remove the lids and allow the pudding to cool. When cold, put on the lids, wipe off the molds, and put them away. When wanted for use, re-heat by boiling or steaming one hour. This will keep for months, in fact it is better and more digestible when old than when fresh. Serve with hard sauce or a fruit sauce.

We conserve flour, sugar, butter and lard here, use home-grown products, and "save the crumbs." So this is surely as good a conservation recipe as we could find for a fine pudding and not very expensive at 18 cents per pound.—Mrs. S. T. R.

Plum Pudding.

	Cost.
1 c chopped suet.....	\$0.0750
2 $\frac{1}{2}$ c flour.....	.0352
1 c molasses.....	.0424
1 c sour milk.....	.0063
2 t soda.....	.0014
2 eggs.....	.0800
$\frac{1}{4}$ t salt.....	.0001
$\frac{1}{2}$ c walnut meats.....	.0625
$\frac{1}{2}$ t cinnamon.....	.0042
1 T Crisco to grease molds....	.0087
Grated rind of half a lemon (by-product).....	.0000
Gas, 2 hours, one-third on.....	.0140

Cost to serve 9 people.....\$0.3298
 Or 2 1-3 cents each.

Mix together the suet, raisins, molasses, salt and spice; then add some milk and soda dissolved in the milk; next the flour and nuts. Mix all together thoroughly and fill pudding molds two-thirds full; steam two hours. Serve with sauce No. 1.—Mrs. George Spencer, 1260 East Davis street, city.

Plum Pudding.

	Cost.
2 c bread crumbs.....	\$0.0300
1 c suet (chopped).....	.0375
1 c raisins.....	.0625
1 c sugar.....	.0417
1 $\frac{1}{2}$ c sweet milk.....	.0402
1 egg.....	.0400
$\frac{1}{2}$ t soda.....	.0001
$\frac{1}{2}$ t baking powder.....	.0011
1 t cinnamon.....	.0042
1 t nutmeg.....	.0130
1 t cloves.....	.0083
1 t allspice.....	.0042
Fuel, wood and coal, 2 hours (1 $\frac{1}{2}$ use).....	.0408

Serves 10 people for.....\$0.3236
 Serve with whipped cream.

	Cost.
$\frac{1}{2}$ pt. whipped cream.....	\$0.2000
1 oz. vanilla extract.....	.0292
1 T sugar.....	.0026

Cost of sauce\$0.2317
 Cost of pudding 3236

Total cost to serve 10 people. \$0.5554
 Or 5 $\frac{1}{2}$ cents each.

Dissolve soda in a little boiling water and mix in order given. Steam two hours in well greased mold. Serve warm with whipped cream sauce. Hard sauce may be used if desired. I find whipped cream delicious with this pudding.—Mrs. M. C. Thronson, 790½ E. Morrison st., Portland.

Conservation Plum Pudding.

	Cost.
1 c bread crumbs	\$0.0150
2 c flour	.0282
½ c Crisco	.0694
½ lb. raisins	.0750
1 c molasses	.0424
1 c milk (condensed)	.0646
1 chopped apple	.0100
1 t soda in a little hot water ..	.0007
1 t cloves	.0083
1 t cinnamon	.0083
Wood to steam 2½ hrs. (½ use)	.0504

Cost of pudding

Cost of pudding\$0.3723
Serve with sweet milk or the juice of home canned peaches is nice. This will make a large pudding, enough for about 10 people, at less than 4 cents for each.—Mrs. Grace A. Howard, 750 Kelly street, South Portland.

Christmas Pudding.

	Cost.
2 c bread crumbs	\$0.0300
½ c honey (35c pt.)	.0850
1 c sweet milk	.0268
1 t soda	.0007
1 egg	.0400
1 c chopped suet	.0750
½ lb. raisins (2 for 25c)	.0650
¼ c walnut meats	.0375
1 t cinnamon	.0088
¼ t cloves	.0021
Fuel, gas, one-third heat, 2 hrs.	.0216

This will serve 8 people for.\$0.3919

Or a little less than 5 cents each.

Dissolve the soda in the milk. Mix in the order given. Steam three hours in a well oiled mold. Serve warm with hard sauce for Christmas, fruit sauce for ordinary occasions, adding an unbeaten egg white when butter and sugar are creamed for hard sauce. Increase quantity nearly double, and is a great improvement.

Hard Sauce.

	Cost.
¼ c butter	\$0.0625
¾ c powdered sugar	.0312
1 egg white	.0200
¼ t lemon extract	.0073

Cost\$0.1210

Fruit Sauce.

	Cost.
1 pt. home canned fruit juice ..	\$0.0300
½ t corn starch	.0016
Fuel—Gas 5 minutes	.0009

Cost\$0.0325

Heat any kind of fruit juice, blend starch with a little water and add. Boil a few minutes and cool before serving.—Mrs. John Oatfield, Milwaukie, Or.

Cheap English Plum Pudding.

	Cost.
½ pkg. seeded raisins	\$0.0750
½ pkg. currants	.0750
Orange or lemon peel	.1000
1½ teaspoons each ground cin-	
namon and allspice	.0249
Nutmeg	.0195
3 eggs (now 60c doz)	.1500
Little vanilla	.0292
10 grated almonds	.0500
1 c brown sugar, to taste	.0417
Heaping teaspoon baking soda	
dissolved in warm water	.0007
¾ cup bread crumbs	.0111
Enough flour to make firm, 1 c	.0141
Cup molasses, dark	.0424
Cup beef kidney suet	.0500
Gas to boil pudding	.0280

Cost\$0.7116

Chop suet, raisins, currants and peel fine, then add spices, almonds, baking soda, bread crumbs, flour, vanilla and molasses. Mix well and put in bag. Tie bag about 2 inches from pudding. Place a crockery dish under pudding in pot to keep it from burning and cover with water. Boil four hours.

Sauce.—Take the water that is left in pot, about a cupful, and add a little cornstarch and vanilla and let cook until thick in double boiler.—Mrs. W. M. M., 429 Main st., city.

Christmas Pudding.

	Cost.
Sweet potatoes	\$0.0500
1 T Pearl shortening	.0080
2 T canned milk	.0080
½ c chopped nuts	.0625
2 T chopped raisins (seeded) ..	.0062
2 T honey (strained)	.0218
¼ t nutmeg	.0021
¼ c cinnamon	.0021
1 egg yolk, half egg	.0200
Gas, 20 min., oven	.0085

Cost to serve 6 persons

Cost for each, 3 cents.

Boil enough sweet potatoes to make a pint when mashed, with one tablespoonful of butter substitute, two tablespoonfuls of canned milk, the well beaten yolk of one egg; add to this one-half cup of chopped nut meats, two tablespoonfuls of chopped raisins, two tablespoonfuls of honey; the spices and one tablespoonful of cider or fruit vinegar; beat well and bake in an earthen dish in a slow oven about 20 minutes; serve hot or cold; if hot serve with vanilla sauce; if cold serve with marshmallow cream.—Mrs. W. S. Roberts, 1310 Clay street, city.

Vanilla Sauce.

	Cost.
½ c butter substitute	\$0.0694
¼ c Karo (white)	.0156
¼ c sugar	.0104
4 T canned milk	.0160
½ t vanilla	.0146

Total cost\$0.1260

Cream, $\frac{1}{2}$ cup butter substitute, $\frac{1}{4}$ cup sugar, $\frac{1}{4}$ cup of Karo, 4 tablespoonfuls canned milk and $\frac{1}{2}$ teaspoonful vanilla. Beat until smooth and creamy. The sauce should be very cold, the pudding hot.

Marshmallow Cream.

	Cost.
1 t sparkling gelatine (Knox).....	\$.0250
1 egg-white, half egg from pudding	.0200
2 T canned milk	.0080
1 R T sugar	.0052
$\frac{1}{4}$ c boiling water	.0000
$\frac{1}{4}$ c cold water	.0000
$\frac{1}{2}$ t vanilla	.0146

Total \$.0728

Dissolve thoroughly 1 teaspoon of sparkling gelatine (Knox) in $\frac{1}{4}$ cup of boiling water. Let cool but not set. Beat 1 egg white stiff and add gradually 1 R tablespoonful of sugar. Then the dissolved gelatine, then the $\frac{1}{4}$ cup of cold water, then the 2 tablespoonfuls canned milk or cream, $\frac{1}{2}$ teaspoonful of vanilla. This must all be added gradually, whipping lightly all the while. Have your cold pudding in serving cups or glasses, place the marshmallow cream on top sprinkle with nuts and add a cherry on top. Makes a very tasty and pretty dish.—Mrs. W. S. Roberts, 1310 Clay street, city.

Sweet Potato Pudding.

	Cost.
2 lbs. sweet potatoes.....	\$.0100
1 qt. milk	.1070
$\frac{1}{2}$ cup molasses.....	.0212
1 egg	.0600
1 t vanilla	.0292
Wood, 1 hr., ($\frac{1}{2}$ use).....	.0204

Serves 6 persons for..... \$.03378

Or $5\frac{1}{2}$ cents each.

Grate potatoes and stir into the milk. Add sugar, vanilla and the beaten eggs. Bake slowly for 1 hr. It needs no sauce.—Mrs. McCreary, 78 E. Buffalo st., city.

Maple Puddings.

	Cost.
2 T karo syrup.....	\$.0078
2-3 c canned milk.....	.0430
1 egg white (cooking).....	.0200
1 c water.....	.0000
1 T corn starch.....	.0016
$\frac{1}{4}$ t mapeline	.0040
$\frac{1}{8}$ t salt	.0001
$\frac{1}{4}$ c chopped walnut meats....	.0313
Gas, 10 minutes.....	.0019

4 small puddings \$.01087
Or less than 3 cents each.

Take one cup of hot water and the canned milk, stir together and put on to boil in double boiler; mix the corn starch, karo and salt together and stir into the boiling milk and water, stir till it thickens, cook a few minutes and remove from fire to cool,

add the white of egg beaten stiff, nuts and mapeline, beat good with egg beater, pour into small pudding molds, and set away to cool, can be eaten with cream if preferred. We like them without.—Mrs. George Spencer.

Buckeye Prune Pudding.

	Cost.
1 egg, cooking	\$.0400
2-3 c molasses.....	.0282
$\frac{1}{2}$ c water.....	.0000
1 c flour (large).....	.0142
1 c prunes, chopped.....	.0500
1 t soda	.0007
1 t cinnamon.....	.0083
$\frac{1}{4}$ t salt	.0001
Gas, 2 hours.....	.0228

\$.01643

Beat egg to a froth; stir into molasses; add water. Sift the soda and flour, cinnamon and salt. Mix the prunes, chopped fine, into the flour; then mix all together. Steam two hours. Serve with any preferred sauce.—Mrs. G. Spencer, 1260 East Davis street, city.

Foaming Sauce.

	Cost.
1 egg (white only).....	\$.0250
$\frac{1}{2}$ c karo syrup (or sugar)....	.0312
1 c cream	.1000
1 t vanilla	.0292

Cost \$.01854

Whip white of one egg and half cupful of powdered sugar to a stiff froth. Whip separately one cupful of cream. Stir all together with one teaspoonful of vanilla.—Mrs. George Spencer, 1260 East Davis street, city.

Cherry Rolls.

	Cost.
1 qt. flour.....	\$.0563
$\frac{1}{2}$ c sugar.....	.0208
4 t baking powder.....	.0084
$\frac{1}{4}$ t salt.....	.0001
1 T Pearl shortening.....	.0080
2 c water.....	.0000

Cost of rolls without fruit... \$.0936

Roll thin, cover with cherries. Roll up and cut off rolls about $1\frac{1}{2}$ inches thick; place on end in deep pan; have the juice of the cherries boiling hot, add 1 T Crisco and pour over cherry rolls and bake in hot oven 30 minutes.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

Apple Slump.

This is very nice eaten warm either with cream or sauce. Slice about six medium-sized apples in double boiler cooker. Blend 1 tablespoonful shortening, (I use Crusto for all shortening purposes as it is a substitute for butter in many instances) with 1 cupful flour, sifted with a heaping tablespoonful baking powder. Mix with milk to form a dough which will

drop from a spoon. Spread over apples in cooker, steam about an hour or till apples and dough are done. Do not raise lid until you are sure it is done. I am sure this will be well liked and is very inexpensive. Mrs. C. Moran, Jennings Lodge, Or.

Fairy Apple Pudding.

Mrs. Oatfield brings us some fine recipes:

	Cost.
1½-inch slice whole wheat bread	\$0.0100
1 pt. milk	.0535
2-3 c sugar	.0278
2 eggs	.0800
2 apples	.0200
½ t nutmeg	.0065
Fuel, gas oven, 45 minutes....	.0194

Serves 6 at a cost of\$0.2172

Costs \$0.0362 each.

Soak bread for two hours in one cupful of milk. Beat eggs, milk and sugar (pouring off any remaining milk on bread). Crush bread, grate in the apples, then add custard and nutmeg. Pour in baking dish; set in pan of hot water; bake in moderate oven until set and light brown. It is best served with whipped cream, but is moist enough without any sauce if desired. It is excellent for children, and is high in food value.—Mrs. John Oatfield, Milwaukie, Or.

Apple Tapioca Pudding.

	Cost.
6 apples	\$0.0600
½ c Tapioca	.0250
2-3 c Karo syrup	.0416
1 t lemon extract	.0292
2 c cold water	.0000
½ t salt	.0001
Gas oven, 20 minutes	.0085
Top gas, 20 minutes	.0038

Cost to serve 6 persons.....\$0.1682

Or less than 3 cents each.

Peel and core the apples and cut into quarters. Make a dressing as follows: Half a cup of Tapioca put in two cups of cold water; cook for 20 minutes, add the syrup and lemon extract or any flavoring preferred, pour over the apples and bake 20 minutes in the oven.—Mrs. G. Spencer, 1260 East Davis street, city.

Peach Tapioca.

	Cost.
1 can peaches (home canned) ..	\$0.1300
¼ c sugar (powdered)	.0104
1 c tapioca	.0500
Boiling water	.0000
½ c sugar	.0208

½ t salt 0002

\$0.2114

Vanilla sauce 0844
Fuel, fir wood (½ use)..... .0102

Serves six people at\$0.3060
Or 5 cents each.

Drain peaches, sprinkle with powdered sugar and let stand one hour. Soak tapioca one hour in cold water to cover. To peach syrup add enough boiling water to make three cups; heat to boiling point; add tapioca, drained from cold water, sugar and salt. Then cook in double boiler until transparent. Line a pudding dish with peaches cut in quarters, fill with tapioca and bake in moderate oven 30 minutes; cool slightly and serve with sauce. Crush the strawberries and the sugar; let stand for a while; beat together whites of eggs and cream, add two teaspoonfuls sugar, stir into the berries and serve with cake.

Vanilla Sauce.

	Cost.
1 c water	\$0.0000
½ c sugar	.0208
2 T cornstarch	.0032
2 T butter	.0312
1 t vanilla	.0292

Total\$0.0844

—Mrs. H. G. Thyng, 326 East Mohawk street, St. Johns.

Seven-Cup Fig Pudding.

1 c flour	\$0.0142
1 c bread crumbs	.0150
1 c chopped suet	.0500
1 c figs	.0750
1 c chopped apples.....	.0200
1 c Karo syrup	.0620
1 c milk (large)	.0275
1 t soda	.0007
Gas, 3 hours, one-third on....	.0210

Cost to serve 7 people.....\$0.2854

Or 4 cents each.

Mix the flour, suet, bread crumbs and apples together; add the syrup, then the milk with soda dissolved. Mix all together well; form into a roll. Tie in floured cloth and drop into a kettle of boiling water. Cook three hours; serve with fruit sauce, made as follows: Put one pint of fruit juice on to boil, thicken with two tablespoonfuls of arrowroot stirred smooth in half cup of cold water, and add half teaspoonful of grated nutmeg.—Mrs. G. Spencer, 1260 East Davis street.

Phone Your Want Ads to The Telegram—
Broadway 200, A 6701

Fig Pudding (Excellent).

Mrs. Latimer says:

"I am sending you two of my favorite desserts. The fig pudding should be served warm, as it contains suet, which cannot be eaten cold. The pineapple puff is an excellent cold dessert, and if I may know just when it will be sampled, will be glad to send you a 'proof'."

	Cost.
1 c molasses	\$0.0402
1 c milk	.0268
$\frac{1}{2}$ c flour	.0211
$\frac{1}{2}$ c chopped suet	.0938
1 t soda	.0007
1 t salt	.0003
1 pt. chopped figs	.1500
2 eggs	.0800
Fuel, wood, 2 hrs ($\frac{1}{2}$ use) ..	.0408

Cost\$0.4537

Add eggs to molasses, then milk, suet and flour into which has been well mixed the salt and soda, lastly add the figs. Serve with the following sauce:

Pudding Sauce.

$\frac{1}{2}$ c pulverized sugar	\$0.0208
1 egg	.0400
$\frac{1}{2}$ pt. whipping cream	.1500
Flavoring, 1 t vanilla	.0292
Cost of sauce	\$0.2200
Cost of pudding	.4537

Cost of pudding and sauce..\$0.6737

Serves 8 people.

Cost for one portion, $8\frac{1}{2}$ cents.

—Mrs. Hugh Latimer, 768 Johnson street, city.

(This pudding is not very economical, but is a good conservation recipe, except the sauce. I wonder if honey could not be used in place of sugar in some way?)

Poverty Pudding.

Mrs. Schellberg says: I am sending you a recipe for Poverty pudding and I think it is very good considering the material used.

	Cost.
9 stale biscuits	\$0.0300
$\frac{1}{2}$ t salt	.0001
$\frac{1}{2}$ c molasses	.0212
$\frac{1}{2}$ c raisins	.0250
$\frac{1}{2}$ t cinnamon	.0010
1 t vanilla	.0292
1 T butter	.0156
Wood fuel $\frac{1}{2}$ hour ($\frac{1}{2}$ use) ..	.0306

Cost of pudding\$0.1527

Pudding Sauce.

	Cost.
$\frac{1}{2}$ c raisins	\$0.0250
2 T sugar	.0052
$\frac{1}{4}$ t salt	.0001
$\frac{1}{2}$ c water	.0000
1 t vanilla	.0292
1 T cornstarch	.0016
1 T butter	.0156
Wood fuel 10 min. ($\frac{1}{2}$ use)	.0034

Cost of sauce\$0.0801

Cost of pudding......1527

Total cost\$0.2328

Take 9 stale biscuits, toasted well. Split them in two; pinch salt; $\frac{1}{2}$ cup sugar or molasses; $\frac{1}{2}$ cup raisins; cinnamon and vanilla. Put in baking dish, add cold water so you can see it. Dot with butter; bake $1\frac{1}{2}$ hours in slow oven for one hour.

Sauce for Above.— $\frac{1}{2}$ cup raisins sent through chopper, 2 tablespoonsfuls sugar, pinch salt, 1 cup water, vanilla, 1 T cornstarch, piece butter size walnut. Mix and cook till it thickens.—Mrs. O. G. Scheelberg, 159 Coast st., Salem, Or.

Date Pudding.

	Cost.
$\frac{1}{2}$ lb. dates @ 25c lb.	\$0.1250
3 T Oleo @ 35c lb.	.0327
$\frac{1}{2}$ c molasses	.0212
$\frac{1}{2}$ c milk	.0134
1 2-3 c whole wheat flour	.0246
$\frac{1}{2}$ t soda	.0004
$\frac{1}{4}$ t cloves	.0020
$\frac{1}{4}$ t nutmeg	.0032
$\frac{1}{4}$ t cinnamon	.0020
$\frac{1}{4}$ t salt	.0001
Electric current $1\frac{1}{2}$ hours ..	.0020

Total\$0.2266

Stone dates and cut in small pieces. Melt Oleo, add molasses and milk. Mix and sift dry ingredients and add to butter mixture; add dates. Pour into greased mold and cover with greased paper. May be served with lemon sauce or cream.—Mrs. A. H. Pope, 1285 East Twentieth street, South, city.

Happy Thought Pudding.

	Cost.
2 c bread crumbs	\$0.0300
$\frac{3}{4}$ c dark molasses	.0318
2 c milk	.0536
1 egg	.0400
1 c raisins	.0500
$\frac{3}{4}$ t soda, dissolved in milk ..	.0006
1 t cinnamon	.0083
$\frac{1}{2}$ t cloves	.0042
$\frac{1}{2}$ t salt.....	.0001
Wood fuel, 2 hours ($\frac{1}{2}$ use) ..	.0408

\$0.2594

Bake two hours in closely covered tin; serve with hard sauce.—Amy B. Westbrook, 1540 Salem avenue, Albany, Or.

(This recipe saves the crumbs, saves sugar by using New Orleans molasses and raisins and has no fat, so it is surely a good conservation recipe.)

Brown Pudding.

	Cost.
2 c coarse bread crumbs	\$0.0300
1 c flour	.0141
1 c molasses	.0424
1 c cold water	.0000
1 c seeded raisin and currants ..	.0500
1 egg	.0400
$\frac{1}{2}$ t soda	.0003
1 t Crisco for greasing	.0029
Gas, 1-3 heat, 2 hours	.0140

Serves 12 at\$0.1937
Or \$0.0161 each.

Mix in the order given, dissolve soda in about 1 T hot water before adding. Steam 2 hours. The above is our favorite pudding and is delicious and economical.

Sauce for Pudding.

	Cost.
1 c sugar	\$0.0417
$\frac{1}{2}$ c butter	.1250
1 egg	.0400
$\frac{1}{2}$ t vanilla extract	.0116
2 T hot water	.0000

Total\$0.2213
Beat sugar and butter to a cream. Add beaten egg and vanilla. Just before serving add 2 T hot water.—Mrs. E. J. Dixon, 1599 Elmore street, city.

Steamed Pudding.

This is a very cheap pudding which always passes for an expensive one, and the amounts of "conservation materials" used are very small. One-half cup of chopped nuts may be substituted for the butter, but it brings the cost up. A little salt should be added.

	Cost.
2 c bread crumbs.....	\$0.0300
$\frac{1}{2}$ c flour	.0070
1 c sour milk (buttermilk pr.) ..	.0094
1 c raisins.....	.0500
1 t soda	.0007
1 t cinnamon	.0083
$\frac{1}{2}$ t nutmeg.....	.0065
$\frac{1}{2}$ t cloves	.0041
2 T sugar	.0052
2 t melted butter	.0064
Wood, 3 hours, $\frac{1}{2}$ use	.0428

Six generous slices\$0.1704

Or less than three cents each.

Grind bread and raisins, sift spices with flour, dissolve the soda in the milk, add butter last. Melt butter in pound can in which pudding is steamed, thus greasing it. Place can, uncovered, in kettle with tight lid, partly full of boiling water. Do not lift lid until done, then dry pudding in oven a few minutes. Use any favorite sauce, but the most economical is:

Fruit Sauce.

	Cost.
1 pt. berry juice (home canned)	\$0.0300
$\frac{1}{2}$ T cornstarch	.0008
Wood, 10 min., $\frac{1}{2}$ use	.0019

Total\$0.0327
—Mrs. Elbert Smith, Cottage Grove, Oregon.

Here is the Widow Bedott's pudding, mentioned previously, that came to us unsigned. It is also a splendid conservation recipe, which no one need hesitate to own:

Widow Bedott's Pudding.

	Cost.
1 lb. raisins	\$0.1500
1 c suet	.0375

1 t cinnamon	.0083
1 c milk	.0268
2 c flour	.0282
2 t baking powder	.0042
$\frac{1}{4}$ t salt	.0001
Fuel for baking ($\frac{1}{2}$ use)	.0170

\$0.2721

Fry suet till meat is brown; save grease for drippings; put 1 cup cracklings through the food chopper, mix all together, putting raisins in on the flour. Bake and serve hot with any fruit juice sauce.

Rice Pudding.

	Cost.
3 pts. milk	\$0.1605
3 T rice	.0095
1 T oleo, @ 35c per lb.	.0103
$\frac{1}{2}$ c chopped preserved ginger ..	.0500
$\frac{1}{4}$ c syrup from ginger	.0500
Electric current, low 2 hours..	.0012

Total\$0.2821
Wash rice and add to milk, add oleo, ginger and syrup. Bake very slowly for 2 hours. Stir 3 or 4 times during baking, but do not stir the last half hour it is in oven. Mrs. A. H. Pope, 1285 East Twentieth street, South, city.

Rice Pudding.

	Cost.
2 eggs (cooking)	\$0.0800
2 c cooked rice	.0228
$\frac{1}{2}$ c sugar	.0208
1 c milk	.0268
1-3 lb. raisins	.0500
$\frac{1}{2}$ t nutmeg	.0065
Fuel, $\frac{1}{2}$ hr. ($\frac{1}{2}$ use) firwood ..	.0102

\$0.2171

Beat eggs, add other ingredients and bake $\frac{1}{2}$ hour. Serve with

Sweetened Milk.

	Cost.
1 c milk	\$0.0268
1 T sugar	.0026
$\frac{1}{8}$ t nutmeg	.0002

\$0.0296

Cost of pudding 2171

Total cost\$0.2467
—Mrs. H. H. Barnes, Ridgefield, Wash.

Old-Fashioned Rice Pudding.

Simple but nourishing, especially good for children.

	Cost.
2 pts. fresh milk.....	\$0.2140
3 T rice ($\frac{1}{8}$ lb.)	.0195
4 T sugar	.0104
$\frac{1}{2}$ c raisins	.0250
$\frac{1}{8}$ t of salt	.0001
Slow oven 3 hrs. ($\frac{1}{2}$ use)	.0429

For 8 portions\$0.3119
Or about 4 cents each.

This should be served cold and requires no sauce. Wash rice thoroughly and if convenient soak it for a while in the milk before baking. Stir down as skin forms on top. Do not allow to brown until nearly done. If

baked very slowly the rice swells and makes a delicious, creamy pudding unexcelled for nourishment, and with bread and butter would make a very satisfying luncheon in itself. If, by any chance, it should become too stiff in baking, the addition of cream in serving is an improvement, but if properly baked is not needed.—Mrs. G. L. Lindsley, 1575 Hawthorne avenue, city.

Red Rice Pudding.

	Cost.
1 pint of red fruit juice	\$0.1250
1 pint water	.0000
1 c sugar	.0417
1 c ground rice	.0454
Fuel, wood, 20 min. ($\frac{1}{2}$ use) ..	.0068

\$0.2189

Boil until well done and thick—turn into molds. Serve with milk and sugar.—Mrs. Williams, 1411 Rodney avenue, city.

Indian Pudding.

	Cost.
1 qt. milk (skim)	\$0.0250
1-3 c corn meal	.0048
1 T butter	.0156
1 egg	.0400
$\frac{1}{4}$ c molasses	.0106
$\frac{1}{2}$ t ginger	.0042
$\frac{1}{2}$ t cinnamon	.0042
$\frac{1}{2}$ c sugar	.0208
$\frac{1}{2}$ t salt	.0002
Wood to bake, slow oven ($\frac{1}{2}$ use)	.0429

Enough for 4

Or 4 cents each.

No sauce is necessary but 1 T of whipped cream for each portion can be served if desired. Scald the milk; when boiling stir in the corn meal and butter. Let it cool, add egg (well beaten), sugar, molasses and spices. Add $\frac{1}{2}$ c cold milk or water and bake slowly three hours.—Mrs. G. L. Lindsley.

Graham Pudding.

	Cost.
1 cup graham flour	\$0.0148
$\frac{1}{2}$ c white flour	.0070
2 t butter	.0064
$\frac{1}{2}$ t soda	.0003
$\frac{1}{2}$ c sour milk	.0031
1 c raisins	.1500
$\frac{1}{2}$ t nutmeg	.0065
$\frac{1}{4}$ t cinnamon	.0021
Wood, $1\frac{1}{2}$ hrs. ($\frac{1}{2}$ use)	.0406

\$0.2308

Mix and steam $1\frac{1}{2}$ hours. Serve with the following sauce:

Chocolate Sauce.

	Cost.
4 t ground bitter chocolate	\$0.0313
$\frac{3}{4}$ c sugar, brown	.0312
$\frac{1}{2}$ c cream	.0500

Cost of sauce

Cost of pudding

Total cost

Boil chocolate and sugar 3 minutes, add cream beaten stiff.—Mrs. J. B. McCreary, 78 E. Buffalo st.

Baked Indian Pudding.

	Cost.
1 pint milk	\$0.0535
3 apples	.0300
$\frac{1}{4}$ t salt	.0001
$\frac{1}{2}$ c cornmeal	.0142
2 T brown sugar	.0078
Bake 4 hours slowly	.1020

Cost to serve 6 people

Or $3\frac{1}{2}$ cents each.

Place the milk on the stove; while it is heating put in the apples, cut up fine; add sugar and salt; while scalding hot stir in the corn meal. Pour into a pudding dish and bake very slowly four hours. Serve with or without sauce, as preferred.—Mrs. G. Spencer, 1260 East Davis street, city.

Aunt Jessie Graham's Pudding.

	Cost.
1 c milk	\$0.0268
1 c New Orleans molasses	.0424
$\frac{1}{2}$ lb. chopped raisins	.0750
1 egg (cooking)	.0400
1 t soda	.0007
$\frac{1}{4}$ t salt	.0001
$\frac{1}{2}$ t cinnamon	.0042
$\frac{1}{4}$ t cloves	.0021
$2\frac{1}{4}$ c Graham flour	.0333
Gas, top, 2 hrs.	.0228

Cost to serve 7 people

Cost for each $3\frac{1}{2}$ cents.

Stir the soda well into the molasses, add well beaten egg and spices; stir the flour smoothly into the milk and add to the other mixture; when all are mixed well tie in a floured pudding bag and steam two hours. Make sauce as follows:

	Cost.
1 pint water	\$0.0000
$\frac{3}{4}$ c Karo syrup	.0393
1 egg yolk ($\frac{1}{2}$ egg)	.0200
2 T corn starch	.0032
1 t extract	.0292
Gas, 10 minutes	.0019

\$0.0936

To one pint of boiling water add $\frac{3}{4}$ cup of Karo syrup and yolk of one egg; mix two tablespoonfuls corn starch with the beaten egg yolk and one tablespoonful cold water, stir in the boiling mixture, cook 10 minutes in double boiler; add one teaspoonful lemon or vanilla.—Mrs. G. Spencer, 1260 East Davis street, city.

Baked Pancake Pudding.

	Cost.
4 c cold pancakes	\$0.0000
$\frac{1}{2}$ c English walnuts	.0625
$\frac{1}{2}$ c raisins	.0250
$\frac{1}{2}$ c molasses	.0212
1 c milk	.0268
1 t cinnamon	.0083
2 eggs	.0800
1 t Wesson oil for greasing ..	.0019
Gas, 15 minutes	.0064

Cost

About $2\frac{1}{2}$ quarts, or \$0.0932 per quart, or $2\frac{1}{4}$ c per cupful.

Grind cold pancakes through the coarsest knife in food chopper. Eng-

lish walnuts the same, $\frac{1}{2}$ cup; raisins $\frac{1}{2}$ cup. Put together the same as bread pudding. Serve with any kind of dressing. This is great; nothing better.—Mrs. A. E. Coombs, 560 Glisan street.

Directions for making Bread Pudding:

Cover the bread (pancakes) with the milk and let soak 20 min. Then add the molasses, the rest of the milk, the cinnamon and at last the well beaten eggs. Turn into well greased baking dish, bake in a moderate oven until "set." Serve with milk or lemon sauce or use warm without sauce.

Of course there are other recipes for bread pudding, under different combinations. It seems to me that here we have an ideal conservation recipe for the following reasons:

1st.—We use up cold pancakes—left overs—(the conservation of waste.)

2d.—Our pancakes are always made of at least part substitute for wheat flour, buckwheat, corn meal, etc.—(the conservation of wheat.)

3d.—We use N. O. molasses instead of sugar—(the conservation of sugar.)

4th.—We use our home-grown walnuts instead of fat of any kind, even for greasing the pan we use Wesson oil or any other vegetable fat—(the conservation of fat.)

5th.—We use Oregon home-grown walnuts and California oranges—(products of our section of the country.)

6th.—We need no sauce at all to eat with it—(so again we conserve the fats and sugar.)

7th.—It is wholesome and nutritious, all the elements entering into it having good food value.)

8th.—It is very economical, costing $2\frac{1}{4}$ cents per cupful or about 1 cent per half cupful, which might be the portion served.

9th.—It is guaranteed to be "delicious" by two of our good kitchen cooks.

(We might also have said it was hearty enough to take the place of meat.)

Now take some recipe of your own or one from any place—and analyze it out this way and see if you can beat this one. This is just as interesting as any game (or fancy work). Just try it.

Quick Puff Pudding.

Here is a great favorite of mine. It is so easily made, that one can get it ready any time at the last moment (when unexpected company appears on wash day, etc.) and it is always light, and good, besides being very wholesome, and using any of our home preserved fruits.

	Cost
1 pt. flour.....	\$0.0281
2 t baking powder.....	.0042
$\frac{1}{4}$ t salt.....	.0091
1 c milk (about).....	.0268
1 t Pearl Shortening, for greasing.....	.0027
Canned or preserved fruit....	.0000
Gas 20 minutes.....	.0038

Cost without fruit.....\$0.0652

Stir one pint of flour, two teaspoonfuls of baking powder and a little salt into milk until very soft; place in the steamer's well greased cups, put in each a spoonful of batter, then one of fruit or preserves, cover with another spoonful of batter (the cup should not be over $\frac{3}{4}$ full in all) and steam 20 minutes. (I use top milk and sugar with it.) "This pudding is delicious made with fresh strawberries, and eaten with a sauce made of two eggs, one-half cup of butter and a cup of sugar, beaten thoroughly with a cupful of boiling milk and one of strawberries.—Mrs. B. T. Skinner, Battle Creek, Mich."

This quick puff pudding uses little white flour, and would have to have that or whole wheat, but there is no sugar or fat in the recipe at all, and it is the best conservator of time I know of, and also enables us to use up all the little "dabs" of fruit, jelly, preserves, etc., we happen to have left, as the filling in each cup may be different, and it is always light and good, no matter how. Inexperienced a person makes it, if it is cooked till done. I found that it required nearer half an hour than 20 minutes to cook thoroughly.

Some Other Desserts

Conservation Desserts.

Here are some suggestions for conserving sugar and fats by using fruits for desserts:

La Composite.

Peel bananas and slice thin. Peel oranges and slice an equal quantity thin. Place in layers with strained honey or syrup between. Let set awhile before using.

Ambrosia.

Equal parts of peeled and sliced oranges and peeled and sliced pineapple treated as above and sprinkling each layer also with grated cocoanut.

Pineapple.

Fully ripe pineapple, pared, sliced or cut in small pieces require no seasoning, even sugar, but honey or a little sugar may be added if desired.

Raisins and Cranberries.

Two quarts cranberries, one pint raisins, two pounds sugar, one quart water. Cook in a stone crock until the berries are well broken; don't allow them to burn. Then pour out to cool.

(Try this, using two quarts corn syrup instead of the two pounds of sugar and one quart of water. I believe it would make a fine sauce or pie, and if we can use raisins for sweetening that will help out on the sugar.)

Apples With Raisins.

Take a dozen tart apples, pare, core and quarter, thoroughly clean one-quarter as many raisins as apples. Pour over the raisins one quart of boiling water and let stew until they are well swollen, then add the apples and cook until tender. No sugar will be needed.

Baked Apples.

Select nice tart apples, wipe clean and bake in a moderate oven until done; bake slowly. When desiring to serve with milk or cream, use sweet apples.

Baked Sweet Apples.

Select nice sweet apples, wipe them well, fill a dish nearly to the top with the apples, first quartering and coring them, but do not pare them. Set the vessel into a kettle of water or a steamer, and steam until nearly soft; then place the vessel containing the apples in the oven, covering it with a plate. Let them bake until the juice is nearly absorbed; take out and serve with milk or whipped cream.

Dried Apples.

Soak over night dried apples and stew with raisins. This makes a palatable dish or pie.

Cranberries and Sweet Apples.

Stew together equal parts of cranberries and sweet apples, wash, rub through a colander to remove the skins; a little sugar may be used to sweeten, but it makes a very palatable sauce without it.

Baked Bananas.

Select large red bananas, take the skin off from one section of the bananas, and loosen the skin from them; put a row in a dripping pan, with the side up from which you took

the peeling; sprinkle on a very little sugar, and bake one-half hour in a quick oven.

Stewed Raisins.

Wash, then soak several hours in cold water a pint of good raisins, cook them in the same water in which they were soaked. Do not let them boil, but place them on the back of the stove and let them simmer until the skins are tender. Three or four figs, chopped fine, cooked with the raisins gives a richness to the juice.

Some Fruit Desserts.**Third Prize.**

For the best dessert, aside from the two above (and cakes and confectionery)—like ice cream, ices, fruit, gelatines, etc., also made on conservation lines, was won by a new visitor, Clarissa Johnson, with a splendid conservation recipe.

Apple Mint Freeze.

(Will serve four people.)

	Cost.
2 c sifted apple sauce	\$0.0400
½ c honey	.0875
3 sprigs mint (from garden) ..	.0000
Ice to freeze	.0500
Rock salt	.0200

Price of 1½ pints\$0.1975

Or 5 cents each for four people.

Let mint stand in hot sauce for five minutes, strain, add honey; when cold pour into quart mold and freeze.—Clarissa Johnson, 525 Sixteenth street, city.

(Our judge said "apple mint freeze seems good for a summer dessert and seems original.)

Apple Poreupine.

	Cost.
6 medium-sized apples	\$0.0600
1 T raisins	.0031
1 T nuts, walnuts	.0078
Electric current, 30 minutes ..	.0007
¼ c sugar	.0104
¼ c boiling water	.0000
1 oz. cocoanut	.0121
Electric current 8 minutes.....	.0024

Total\$0.0965

Pare and core apples, fill centers with raisins and nuts, bake until tender, about ½ hour. Now put sugar and water in the pan, heat until melted, cook 5 min., cover apples with

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sauce and roll in cocoanut. Serve with cream.—Mrs. A. H. Pope, 1285 East Twentieth street South, city.

Stuffed Prunes.

	Cost.
1 lb. prunes	\$0.1250
¼ lb. marshmallows	.1000
½ c sugar	.0208
Gas, 15 minutes	.0028

Serves 10 at a cost of\$0.2486
Or \$0.0248 each.

Soak prunes 24 hours, then steam 15 minutes. Remove seeds while hot and stuff with marshmallow. Put 4 stuffed prunes in each individual dish and sprinkle 2 teaspoonfuls of sugar over the top. Serve with whipped cream. Very good and healthful, too.—Mrs. E. J. Dixon, 1599 Elmore street, city.

Date Whip.

	Cost.
1 lb. dates	\$0.2500
3 egg whites	.0600
Gas, 1-3 heat, 20 min.	.0023
Gas to bake, moderate heat, 45 minutes	.0194

Six generous portions at ...\$0.3317
Or \$0.0552 each.

Remove seeds from dates, nearly cover with cold water and boil till thoroughly done. Mash and cool. Whip whites of three eggs stiff—fold them in carefully (don't beat). Bake in greased pudding dish or saucepan 45 minutes. Serve cold with whipped cream. Do not have oven too hot. This is better if made the day before using and will keep a week or more. It is high in food value, also.—Mrs. E. J. Dixon, 1599 Elmore street, city.

Date Surprise.

	Cost.
1 T butter	\$0.0156
1 c sugar	.0417
2 pints milk (1 quart)	.1070
4 T cornstarch	.0064
1 c dates (pitted and chopped) ..	.1000
½ t vanilla extract	.0146

Serves five people at\$0.2853
Or 5½ cents each.

Put one tablespoonful butter, sugar and milk into saucepan and bring to boiling point. Add the cornstarch, moistened with a little of the cold milk, and cook eight minutes, stirring constantly. Add the dates and the vanilla. Mix and pour into sherbet glasses. When cold decorate with stoned dates. Serve with a little cream if you wish, but is good without.

Strawberry Foam.

	Cost.
1 qt. strawberries (two boxes when cheap)	\$0.2000
1 c sugar	.0417
2 egg whites (equals 1 egg) ..	.0500
½ c cream	.0800
2 t sugar	.0018

Total\$0.3735

Serves 6 people at about 6½c each.—Mrs. Thyng.

This fruit dessert is to be served with cake.

Banana Cream.

	Cost.
3 bananas (25c doz.)	\$0.0625
2 c milk (skim)	.0125
½ c sugar	.0208
3 eggs	.1500
1 T corn starch	.0016
2 T sugar	.0052
Gas, 5 minutes	.0010

Enough for 4 people, costs..\$0.2736
Or 6¾ cents each.

Slice the bananas and arrange in a glass dish. Make a cream of the milk, ½ c sugar and yolks of eggs. Bring to boiling point and add the corn starch wet in a little of the cold milk. Boil till it thickens. Let cool and pour over the bananas. Beat whites of eggs stiff, adding 2 T sugar and pile on top. It may be slightly browned in oven if desired.—Mrs. G. L. Lindsley.

Steamed Custard.

	Cost.
1 egg	\$0.0400
1 T sugar	.0026
1 c milk	.0263
½ t salt	.0001
½ t nutmeg	.0016

Cost\$0.0711
For two, \$0.035 each.

Directions—Beat egg, add milk and sugar, add salt and nutmeg. Place custard cups or jelly glasses filled within half an inch of the top in a steamer and steam 15 minutes.—Mrs. F. W. Kruse, 131½ East Eighteenth street, city.

Coffee Custard.

	Cost.
1 pint milk	\$0.0535
¾ c Karo corn syrup	.0468
3 eggs	.1200
1 c strong coffee	.0094
1 T cornstarch	.0016

Cost\$0.2313
Heat milk and Karo to boiling point. Add the eggs, well beaten, the hot coffee, and the cornstarch mixed till smooth with a little cold milk. Stir till it thickens. Pour into glasses. When very cold serve with the following sauce:

Mock Cream.

	Cost.
2 t cornstarch	\$0.0010
2 T sugar	.0052
1 pint scalded milk	.0535
1 t vanilla	.0292
Whites of 2 eggs	.0400

Cost of sauce\$0.1289
Cost of pudding......2313

Total cost of pudding\$0.3602
Mix the cornstarch and sugar, and cook in the hot milk 10 minutes.

Strain and cool. Add vanilla and whites of eggs beaten stiff. Makes a good substitute for whipped cream.—Mrs. Grace A. Howard, 750 Kelly street, South Portland.

Chocolate Dessert.

	Cost.
2 c bread crumbs	\$0.0300
4 T sugar	.0104
¼ cake of chocolate (25c cake)	.0625

Cost\$0.1029

Put all these together in the oven and stir occasionally until the crumbs are well coated with chocolate; remove from the oven and when cool serve in tall glasses, with a spoonful of whipped cream on each, or you may substitute any favorite pudding sauce.—Amy B. Westbrook, 1540 Salem avenue, Albany, Or.

(This is a good recipe to use up bread crumbs in a delicious dessert but it is surely not a conservation recipe. Could you not use honey with a little chocolate for flavoring?)

Coffee Jelly.

	Cost.
1 c cold coffee	\$0.0200
1 package gelatine	.1500
1 T sugar	.0026
2 c boiling water	.0000
1 c whipping cream	.1000

Cost\$0.2726

Serves 6 at 4½ cents each.

Dissolve gelatine in coffee, add sugar and boiling water. Pour into wet mold. When firm turn into large plate and cover with whipped cream.—Mrs. F. W. Kruse, 131½ East Eighteenth street, city.

(One tablespoonful sugar for six people—or half a teaspoonful each—is not bad, but the cup of cream, Mr. Hoover says, should not be used now.)

Jellied Prunes.

	Cost.
2 doz. prunes	\$0.1000
2 doz. English walnuts	.1000
1 pkg. gelatine, lemon	.1250
½ cup sugar, brown	.0208
½ pint cream	.0500
Wood fuel, 5 minutes	.0017

Cost to serve 6 persons\$0.3975

Stew the prunes. When cold remove stones and fill with blanched walnut meats cut in sizes to suit amount of prunes to be filled. Dissolve gelatine in water; heat prune juice, boiling hot; add sugar and lem-

on juice; strain over prunes; put in ring mold and fill center with whipped cream. This can be used as a salad by substituting mayonnaise for the cream.—Mrs. J. B. McCreary, 78 East Buffalo street.

Pineapple Puff.

	Cost.
1 can pineapple	\$0.1500
1 c sugar	.0417
1 T Knox gelatine	.0750
½ box marshmallows	.0500
½ pint whipping cream	.1500

Cost to serve six people.....\$0.4667
Or nearly 8 cents each.

To the juice of 1 can pineapple add enough water to make 1 large cupful. Heat this to boiling point with sugar; chop pineapple very fine, add to this; have gelatine dissolved in ¼ cup of cold water and add to this mixture. Set aside to harden. Whip the cream and add the marshmallows, cut up several times; add this to the gelatine mixture and allow to stand an hour or two. Serve in tall glasses with nuts or candied cherries on top. Will serve six.—Mrs. Hugh Latimer, 768 Johnson street.

(I'm afraid this delicious concoction is either an economical nor a conservation recipe—is it, Mrs. Latimer?)

Mrs. Latimer wrote later:

"I am quite sure that either honey or white Karo syrup would be a good substitute for sugar in the pineapple pudding, and the pudding is very good without the marshmallows. However, I would reduce the amount to ¼ cupful of honey, or syrup, as it is rather sweet anyway. We do not consider it expensive."

Delicious Dessert.

	Cost.
1 pkg. Raspberry Jello	\$0.1000
1 pint boiling water	.0000
¼ c walnuts	.0312
1-3 lb. dates	.0833
½ lb. marshmallows	.0500
½ c whipped cream	.0500

Serves 8 generous portions at \$0.3145

Or \$0.0393 each.

Dissolve Jello in boiling water; pour on medium sized platter. When cold, cut in cubes. Chop walnuts and dates and cut marshmallows in sixths. Mix all together with the whipped cream. Serve with whipped cream with a cherry on top.—Mrs. E. J. Dixon, 1599 Elmore street.

The Comic Pair, Mutt and Jeff, Appear Daily in
The Telegram

ICES.

Here is Miss Lauffer's second choice for third prize, but she suggests (as I did) that Karo syrup might have been used in place of sugar. We reprint the recipe, as it is simple, something everyone likes, and very cheap.

Lemon Ice.

Mrs. Kruse says: I am sending you all my best desserts to help out with your cook book.

	Cost.
4 lemons at 20c dozen.....	\$0.0666
1 quart water (cold).....	.0000
1 R c sugar (1 c and 1 T)....	.0443
Whites of 4 eggs (beaten)....	.0800
Cost	\$0.1909
To freeze—	
Salt	\$0.0300
Ice	.1000
Total	\$0.1300
Cost of material.....	.1909

Cost of lemon ice.....\$0.3209

This serves about 15 people at 2 cents apiece. Make dressing of some kind of yolks.

I always feel that when I make this I am making something out of nothing. The recipe makes a strong three-quarters of a gallon when frozen, and is a very dainty dessert. Other fruit juices may be used in place of lemons.—Mrs. F. W. Kruse, 131½ East 18th street.

(Could not you use honey or Karo for sweetening the lemons to save sugar?)

Pineapple Ice.

	Cost.
1 quart water.....	\$0.0000
1½ pints sugar.....	.1251
1 teaspoonful Knox's gelatine..	.0250
3 lemons (juice).....	.0500
Pineapple juice and pieces of the cut fruit.....	.0500
3 eggs, whites (whipped dry) ..	.0600
Half use	\$0.3101
Salt and ice.....	.1300

Cost

Serves 10 at 4 1-3c each.

Boil the water and sugar 3 minutes. Add 1 teaspoonful gelatine which has set with the water over it for 5 minutes. Cool, add lemon juice, pineapple juice and cut fruit and egg whites. Freeze and let stand awhile. Makes ½ gallon.—Mrs. F. W. Kruse, 131½ East Eighteenth street.

(This is surely not a conservation recipe.)

Brown Bread Ice Cream.

	Cost.
2 pints milk.....	\$0.1070
1 pint cream.....	.1000
1¼ cups brown bread crumbs.	.0188
¼ t salt.....	.0001
¾ cup sugar (brown).....	.0364

1 quart cream costs.....\$0.2623

Dry and sift bread crumbs. Mix above ingredients and freeze. If granular consistency is desired reserve ¼ cup bread crumbs and add when partially frozen. Sprinkle a few dried bread crumbs over before serving. The addition of nuts makes it better. This makes 1 quart ice cream.—Mrs. J. B. McCreary, 78 East Buffalo street.

Ice Cream with Brown Sugar.

	Cost.
1½ pints milk.....	\$0.0669
1 T flour.....	.0009
1 egg	.0500
¾ cup brown sugar.....	.0312
1 t vanilla.....	.0292
1 cup cream.....	.1000
Wood fuel, 10 minutes (½ use)	.0034

One quart

Scald milk, reserving 1 cup into which flour is blended. Then add to hot milk; also beaten egg and sugar. Cool, strain, add vanilla and 1 cup heavy cream. This makes 1 quart of ice cream.—Mrs. J. B. McCreary, 78 East Buffalo street.

New Year's Sherbet.

	Cost.
1 pint unseasoned cooked apple pulp	\$0.0500
1 pint cranberry juice.....	.1000
1 lemon (three for 5c).....	.0166
1 t vanilla.....	.0292
1 pint sugar.....	.0834

Cost

Salt and ice.....

Costs in all.....\$0.3792

Serves eight at 4 2-3c each.

Press apple pulp through sieve, also the cranberry juice. Then add juice of lemon, vanilla and sugar. Cook 10 minutes. Cool and freeze, as for ices. To serve with turkey, duck or goose. Serves eight persons at 4½ cents each.—Mrs. F. W. Kruse, 131½ East Eighteenth street.

(Here is altogether too much sugar for any patriotic and loyal woman to use for a sherbet now.)

Society of Portland and Vicinity Covered Every
Day on the Society Page

A Few Conservation Cakes

NOTE.—As this cook book went to press just as we were beginning our work on Cakes and Confectionery, we were only able to print a few of the first of these recipes received.

Christmas Cake.

	Cost.
4 c flour.....	\$0.0564
4 t baking powder.....	.0084
¾ c butter substitute.....	.1041
1 c raisins.....	.0500
3 c currants.....	.0500
1 oz. candied peel.....	.0500
1 t ginger.....	.0083
½ t nutmeg.....	.0065
1 c honey.....	.1750
Bake in loaf 40 minutes or 20	
in tins. Gas, 40 minutes....	.0200

Cost\$0.5287
Sift dry ingredients together into a bowl, rub in shortening, add fruit and honey, mix well together, adding a little milk or water to make an ordinary cake batter. Bake in slow oven and ice as follows:

Boiled Honey Icing.

	Cost.
1½ c honey.....	\$0.2625
1 t lemon juice.....	.0100
1 egg, white.....	.0200
3 marshmallows	.0100

Total\$0.3025
Take ½ c honey and boil until thick. Add 1 teaspoonful lemon juice and pour on stiffly beaten white of 1 egg, add 3 marshmallows and beat hard until soft and creamy.—Mrs. F. N. Taylor.

Christmas Cake.

	Cost.
1 c shortening.....	\$0.1388
2 c honey.....	.3500
1 c sour cream.....	.1000
3 eggs	.1200
2 t lemon juice (1 lemon).....	.0167
1 t soda.....	.0007
2 t cream tartar.....	.0106
4 c whole wheat flour.....	.0592
Slow oven, 1 hour.....	.0255

Total\$0.8215
Cream shortening and add to it the sour cream and the honey; blend thoroughly; beat separately whites and yolks of eggs and add to the mixture the lemon juice; add soda and cream of tartar to the flour; mix all thoroughly; bake in a moderate oven about one hour.—Mrs. W. S. Roberts, 1310 Clay street.

Mock Cream.

	Cost.
1 c canned milk.....	\$0.0646
½ c water.....	.0000
2 T Karo syrup, white.....	.0078
2 eggs, whites (half).....	.0400
1 t vanilla.....	.0292
2 t cornstarch.....	.0010
Gas, 15 minutes.....	.0019

Total\$0.1445

Mix cornstarch with a little of the water. Scald with milk and water. Blend with the syrup; add cornstarch and cook 10 minutes; strain and cool; add vanilla and whites of eggs beaten stiff.—Mrs. W. S. Roberts, 1310 Clay street.

Oatmeal Cake.

	Cost.
1 egg	\$0.0400
1-3 c shortening (Crisco).....	.0463
½ c brown sugar.....	.0208
1 c buttermilk.....	.0094
1 t soda.....	.0007
2 c oatmeal (steel cut).....	.0328
1 c flour.....	.0141
½ lb. dates (15c per lb.).....	.0750
Gas to bake, 30 minutes.....	.0128

Cost\$0.2519
Mix as for batter cake, stir well. Pour ½ of batter into greased and floured pan, then place halved and stoned dates in rows to cover. Pour on rest of batter and bake.

This is very good, wholesome and economical.—Mrs. F. N. Taylor, 5511 Fifty-second avenue S. E.

Hoover Ginger Cake.

	Cost.
3½ c whole wheat flour.....	\$0.0518
¼ t soda.....	.0002
2 t baking powder.....	.0042
1 T ginger and cinnamon each	.0500
½ c raisins (cut small).....	.0250
1 T powdered sugar.....	.0026
6 c shortening.....	.0717
2 t honey.....	.0078
½ c molasses.....	.0212
1 egg	.0400
2 T warm water.....	.0000
2 T fruit juice from canned fruit	.0000
Gas, 1 hour.....	.0255

Total\$0.3000
Into the mixing bowl put the baking powder, flour, soda, powdered spices and raisins; mix together in a separate warm bowl the molasses and shortening, add the honey and the egg beaten well; add the water and fruit juices to the dry ingredients; mix the contents of the two bowls; turn into a buttered tin and bake one hour. Serve plain or with dressing on top cut in squares. This is fine for children.—Mrs. W. S. Roberts, 1310 Clay street.

Coffee Cake in a Hurry.

	Cost.
One quart wheat flour.....	.0000
1 pint milk or water.....	.0592
1 t salt.....	.0003
4 t baking powder.....	.0084
½ c Crusto.....	.0694

Cost\$0.1373

Sift flour, salt and baking powder twice. Add $\frac{1}{2}$ cup Crusto. Mix thoroughly, add milk; mix and turn out on bread board. Roll out to $\frac{1}{2}$ inch thickness, cut to fit the bottom of the tins you are to use. Brush over the tops of cakes with melted butter. Now add slices of apples to cover top, sprinkle over sugar and cinnamon. Bake 30 minutes.—Mrs. Williams.

Honey Filling or Top Dressing.

	Cost.
1 c honey.....	\$.1750
2 eggs, half.....	.0400
2 T raisins, chopped.....	.0063
2 T English walnut meats.....	.0156
2 t gelatine (Knox).....	.0500
$\frac{1}{4}$ c boiling water.....	.0000
Gas, five minutes.....	.0010

Total\$0.2879

Dissolve gelatine in boiling water; cool slightly. Boil honey five minutes, flavor to taste and pour on the stiffly beaten whites of eggs. Add gradually the dissolved gelatine, then the nuts and raisins. Whip all lightly for 10 minutes. This is very nice for filling or top dressing for dark cakes.—Mrs. W. S. Roberts, 1310 Clay street.

Eggless Molasses Cake.

	Cost.
$\frac{1}{2}$ cup molasses.....	\$.0212
1 cup brown sugar.....	.0500
$\frac{1}{4}$ cup any kind shortening....	.0312
1 cup hot water.....	.0000
1 teaspoonful soda.....	.0007
2 cupfuls flour.....	.0282
1 cupful raisins.....	.0800
$\frac{1}{2}$ cup walnuts, fine.....	.0625
$\frac{1}{4}$ teaspoonful nutmeg.....	.0032

1 teaspoonful cinnamon.....	.0083
Fuel, $1\frac{1}{4}$ hour ($\frac{1}{2}$ use).....	.0207

For six costs.....\$0.3060
Or 5 cents each.

Cream, sugar and shortening. Stir in molasses, then 1 cupful hot water with soda dissolved into it. Now stir in flour with spices, then the raisins and nuts that have been dredged in flour. Bake $1\frac{1}{4}$ hour. This is better if made two or three days before using.—Mrs. Nelson.

Making Conservation Cakes.

One friend asks if sugar and butter are absolutely prohibited for cakes and says she can't make as good cakes without sugar. It seems to me that we should not use butter at all for cooking, in any way, and that we don't need to. For a number of years I have been using these vegetable fats as substitutes in all my cooking, even cakes, and found that as delicious cakes as any one needs to have can be made with Crisco, Cottolene, Kaola, etc. As to sugar, the case is different. We have no substitute that answers perfectly except in fruit cakes, which are rather heavy and indigestible for children. So we will print recipes containing sugar, but use as little as you can. As has been said before we expect our recipes to be used long after this war is over, when we will have a perfect right to use sugar, which is as economical as any sweetening.

AUNT PRUDENCE.

Conservation Candies

A Christmas Gift Suggestion.

What prettier or nicer Christmas gift could there be than a dainty box of home-made candy? It would be very nice to get a pretty box, decorated with holly leaves and berries, and fill it with an assortment of candy. Place each kind in a layer by itself, with a piece of white cardboard or waxed paper between the layers and a piece of tissue paper or waxed paper on top. Place the cover on and tie with narrow holly ribbon, with a tiny sprig of holly caught in the bow.—Mrs. Grace Howard, 750 Kelly street.

Coloring for Candies.

When making candy coloring matter is desired to lend a pleasing variety. Perfectly harmless yellow, green and pink may be used. Saffron will

give the yellow tint; spinach and beet leaves crushed and boiled in a little water will give green and the juice of strawberries, raspberries and blackberries will give varying shades of pink in summer, while that of cranberries may be used in winter.—Mrs. Grace Howard, 750 Kelly street.

Chocolate Dainties.

Mix thoroughly $\frac{1}{2}$ cup of pecan nuts, $\frac{1}{2}$ cup of walnuts, 2-3 cup figs cut in pieces, and 1-3 cup stoned dates. Chop or grind all together. Add 1 tablespoonful of orange juice, a small bit of grated orange peel and 1 square of melted unsweetened chocolate.

Toss on a board sprinkled with grated nuts or cocoanut, and roll or cut in any shape desired. Wrap each piece in waxed paper.—Mrs. Grace Howard, 750 Kelly street.

Stuffed Dates.

Make an opening in each date large enough to remove the seed. Fill the empty space with an almond or walnut meat or a piece of marshmallow. Close the opening together and wrap in tissue paper.

Almond Nougat.

	Cost.
1 lb. almonds (blanched) and chopped	\$0.0250
2 oz. honey	.0290
1 oz. powdered sugar	.0500
1 egg white	.0200

Total\$0.3040

Boil the honey in a double boiler till it forms a soft ball. Add the sugar and the beaten egg white. Stir this and the almonds together.—Mrs. F. W. Kruse.

Persian Sweets.

	Cost.
1 lb. nuts	\$0.2500
1 lb. dates	.2300
1 lb. raisins	.1500
1 lb. figs	.1500
Sugar or cocoanut	.0200

Total\$0.8000

Put through grinder, roll in balls and cover with powdered sugar or (this is better at this time) roll in cylindrical form till smooth and then roll in ground cocoanut. Cut in 1-inch pieces.—Mrs. F. W. Kruse.

Popcorn Balls.

	Cost.
½ lb. popcorn	\$0.0500
1 c Karo syrup (\$1.10 per gal.)	.0625
½ c water	.0000
Gas	.0019

Makes 12 balls, cost.....\$0.1144
Or about 1 cent each.

Pop the corn over coals, cook syrup and water about 10 minutes or until it spins a thread when dropped from a spoon. Pour over the popped corn and mix well, shaping into balls while still warm.

Marshmallows.

Two cups of granulated sugar and ¾ cup of water. Boil until it threads, add ½ box of gelatine which has been soaked in ¼ cup of water, to the syrup. Flavor to taste. Beat until cold, and cut in squares.—Mrs. Grace Howard, 750 Kelly street.

Raisin, Nut and Honey Bars.

	Cost.
1 c raisins	\$0.0500
1 c mixed nuts	.1250
1 c dates	.0750
1 c figs	.0500
¼ c honey	.0435

About 2 lbs. cost.....\$0.3435

Put all ingredients through food chopper, then add honey and mix well. Put into an enameled pan and pack under a weight for 24 hours.—Mrs. F. N. Taylor, 55 Fifty-second avenue S. E.

Yellow Jack.

	Cost.
1 quart Karo corn syrup	\$0.2500
½ t soda	.0004
1 T lemon juice (or flavoring)	.0292
Gas, 45 minutes	.0220

Total\$0.3016

To 1 quart of Karo corn syrup which has been boiled for 30 minutes add ½ teaspoonful soda which has been rubbed absolutely smooth. Allow to boil, stirring constantly, or it may burn, until brittle when tested in cold water. Remove from fire and add 1 tablespoonful lemon juice. When cool enough to handle, pull until a light, bright yellow. Twist two strands together and cut into desired length. Peppermint, vanilla, winter-green or any desired flavoring may be used in place of lemon.

Peanut brittle can be made the same way, only pour into tins instead of pulling, and cut or break into pieces.—Mrs. F. W. Kruse.

Additional Recipes

Lunch Menus

Lunch Menus

I. Generally Considered—

Conservation entertaining
To make sandwiches

To keep sandwiches

II. Sandwich Fillings, etc.—

Reception sandwiches
Chicken sandwiches
Cheese and nut
Salad
Dill and celery
Olive and pimento
Olive
Onion
Cucumber and onion
Spinach
Harlequin
Green pepper
Chili
Water chess
Cheese neapolitan
American cheese
Grated cheese
Cheese and nut
Cheese and horseradish
Cheese and lettuce
Nut and sweet sandwiches
Peanut butter

Celery salad
Cooked cheese
Workman's cheese
Honolulu
Favorite
Creole
Cottage Cheese
Raisin
Dates and nuts
Nut and apple
Fresh fruit
Walnut and celery
Pecan and date
Honey
Nut and raisin
Olives
Salmon
Fig
Meat
Ribbon
Jelly
Oriental

Some Cookie Recipes—

Wheat flake
Peanut

Scotch oat meal

III. Lunches for School Children—

Baked bean chowder
Penny lunches, with recipes for sandwich fillings
Conservation cooking
School lunches in detail with recipes

IV. Office Lunches—

For men and women working in offices, in detail with recipes

V. Lunches for Outdoor Workers—

For men doing heavy outdoor work, in detail with recipes

VI. Luncheons for Entertaining—

- 1—A party luncheon
- 2—A picnic luncheon

Generally Considered

Conservation Entertaining.

Here is a very important matter lately called to my attention; that is, people entertaining now for the Red Cross or any charitable or philanthropic cause, and serving refreshments—sandwiches and coffee or tea. Mr. Hoover has definitely spoken of this very thing, and asked us not to do it, and it should not be done in the name of the Red Cross or anything else. People should not serve these refreshments now, either, for the same reason, to their little evening companies at home. Of course, our recipes are written and printed only once, and we hope will be used long after this war is over, but we must not forget that Mr. Hoover has given us our orders—No entertaining out of meal hours during the war—and it is our duty to live up to this. We are disloyal if we do not.

If we absolutely feel that we must serve something to a little evening company, why not serve fruit—grapes, apples, bananas or old-fashioned popcorn for the young people. It won't hurt us. It is better for us—and we have had our orders from headquarters.

To Make Sandwiches.

Sandwiches may be made from one of three or four kinds of bread: Whole wheat bread, Boston brown or oatmeal bread, white bread and rye bread made into square, deep loaves; in fact, all bread used for sandwiches should be made especially for the purpose, so that the slices may be in good form and sufficiently large to cut into fancy shapes.

The butter may be used plain, slightly softened, or it may be seasoned and flavored with just a suspicion of paprika, a little white pepper

and a few drops of Worcestershire sauce.

Meat used for sandwiches should be chopped very fine and slightly moistened with cream, melted butter, olive oil or mayonnaise dressing well seasoned. Fish should be rubbed or pounded in a mortar, add enough sauce tartare to make it sufficiently moist to easily spread.

Turkey, chicken, game, tongue, beef and mutton, with their proper seasonings, moistened with either mayonnaise or French dressing, make exceedingly nice sandwiches.

To Keep Sandwiches.

It is frequently necessary to make sandwiches several hours before they are needed. As they dry quickly they must be carefully wrapped or they will be unpalatable. Wring from cold water two ordinary tea towels; put one on top of the other. An old tablecloth will answer the purpose very well. As fast as the sandwiches are made put them on top of the damp towel; when you have the desired quantity cover the top with moist lettuce leaves; fold over the towels and put outside of this a perfectly dry, square cloth. Sandwiches will keep in this way for several hours and in perfectly good condition. On a very warm day they may be covered all over with moist lettuce leaves; use the green ones that are not palatable or slightly for garnishing.

This is for parties, picnics, etc., of course. We all know that the fine sheets of oiled paper we buy so cheaply for the purpose are just the thing to keep individual sandwiches fresh until used. I always save the paraffin paper from bread also, as that is better than anything else for the purpose.

Sandwich Fillings, Etc.

Reception Sandwiches.

One cup cold boiled beef tongue, $\frac{3}{4}$ cupful Brazil nut meats or English walnuts; run through a meat grinder, mix with 1 tablespoonful Worcestershire sauce, a very little mayonnaise and put between round or triangular slices of bread.—I. G. C.

Chicken for Sandwiches.

One 3-lb. chicken cut up or unjointed; 1 root of celery, 1 teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper. Cover with hot water and boil until it can be taken from bone; remove meat from bone, cut in small pieces and

pack in dish, add 1 teaspoonful gelatine, dissolved in 2 tablespoonfuls water to stock and pour over chicken; when cold cut in thin slices.—Mrs. W. W. Williams, 1411 Rodney avenue.

Cheese and Walnut Sandwiches.

One-half pound of cheese, $\frac{1}{4}$ pound English walnut meats, $\frac{1}{4}$ teaspoonful salt and a dash of red pepper; run through a meat grinder, mix with a little mayonnaise dressing until soft enough to spread, put between thinly sliced bread, cut about $1\frac{1}{2}$ inches wide; serve with salad for a luncheon.—I. G. C.

Mrs. Rorer's Recipes.

Here are some sandwich fillings from Mrs. Rorer's "Light Entertaining":

Salad Sandwiches.

Under the head of salad sandwiches all forms of meat may be placed on lettuce leaves, put between the slices of bread and tied together with ribbon, or held by means of a toothpick, or the slices may be pressed together and the crusts trimmed. Romaine, sorrel, endive and escarole may be substituted for lettuce in making these salad sandwiches.

Dill and Celery.

Cover thinly sliced white or rye bread with a mixture made of chopped dill pickles and celery. Moisten with salad dressing.

Olive and Pimento Sandwiches.

Take equal quantities of ripe olives, stoned, and canned pimentos (sweet red peppers). Chop very fine.

Olive.

Take equal parts of plain and stuffed olives. Put through a meat grinder, mix with mayonnaise and spread.

Onion.

Select very mild onions. Slice very thin and lay in ice water for a half hour before using. Season with pepper and salt. These are delicious as a filling for Boston brown bread sandwiches.

Cucumber and Onion.

Take equal parts of chopped cucumbers and mild raw onions. Moisten with salad dressing and spread on rye or graham bread.

Spinach.

Chop cold boiled spinach very fine. Mix with mayonnaise dressing and chopped yolks of hard boiled eggs.

Harlequin.

Cream butter and into it mix chopped parsley, capers and green peppers. Use enough of the vegetables to make the butter a decided green. Flavor with pepper, salt and a little cayenne. By cutting the bread very thin and insetting a slice of brown bread between two of white an effective and appetizing sandwich is made.

Chili.

Mix chili sauce with finely chopped celery. With the scissors cut lettuce or romaine into narrow ribbons, lay on the bread and spread with the mixture.

Green Pepper.

Prepare a sufficient number of sweet green peppers by removing carefully every seed and the white fiber. Put through a meat grinder. Mix with mayonnaise and a little minced celery. This mixture may be spread direct on the buttered bread, or a small lettuce leaf may be laid on first.

Water Cress.

Thoroughly wash the cress and dry it in a cloth; cut it into small pieces and mix with finely chopped hard boiled eggs seasoned with salt and pepper. Spread between thin, buttered slices of bread, sprinkling the cress and eggs very lightly with lemon juice.

Cheese Neapolitan.

This is a very pretty sandwich when finished, showing an inner slice of brown bread between two of white. Butter the white bread with creamed butter mixed with a little mustard or horseradish. On one of these slices lay a thin slice of brown bread which has been spread with cream or cottage cheese. The other side of the brown bread may have the same cheese or if variety is desired try anchovy or sardine paste or any of the potted meats. Cover with the second slice of white bread.

American Cheese.

Slice the cheese so thin that it is a mere shaving. Sprinkle on a little paprika and salt. Mustard may be added if liked.

Grated Cheese.

Mix equal quantities of grated cheese and reduce to a paste with creamed butter. Cut entire wheat bread in finger strips and spread with this paste. This sandwich is delicious seasoned with anchovy essence, paprika and mustard.

Cheese and Nut.

Mix equal quantities of grated cheese and chopped English walnut meats. Season with a few drops of lemon juice, paprika and salt.

Cheese and Horseradish.

Spread thinly cut white bread with cream cheese into which has been stirred sufficient fresh cream to make a paste. Spread the bread first with butter, then with a thin layer of horseradish and then add the cheese filling.

Cheese and Lettuce.

Dip a small white leaf of lettuce into French dressing. Lay between very thin slices of buttered brown

bread which have been previously spread with cream cheese made into a paste cream.

Nut and Sweet Sandwiches.

Thin slices of bread are delicious spread with any jam, marmalade or chopped preserved or candied fruit. Chopped nuts, either salted or plain, may also be used for sandwiches. The combination of nuts and fruit is particularly good.

Peanut Butter.

To one-half box of peanut butter allow a dozen olives chopped very fine. Season with lemon juice, salt and a few drops of Worcestershire sauce if liked. This is good on any kind of bread.

Celery Salad.

Put four eggs into warm water; bring to the boiling point, and keep there, without boiling, for 15 minutes. Take the white portion from one head of celery; wash and chop it very fine. Remove the shells from the hard-boiled eggs, and either chop them very fine or put through a vegetable press and mix with them the celery; add a half teaspoonful of salt and a dash of pepper. Butter the bread before you cut it from the loaf. After you have a sufficient quantity cut, put over each slice a layer of the mixed egg and celery; put right in the center of this a teaspoonful of mayonnaise dressing, and sort of smooth it all over. Put two pieces together and press them lightly.

Cooked Cheese.

Chop fine $\frac{1}{4}$ pound of soft American cheese; put it into a saucepan; add the yolk of one egg beaten with two tablespoonfuls of cream, a saltspoonful of salt, a dash of red pepper and half a teaspoonful of Worcestershire sauce. Have ready cut and buttered a sufficient number of slices of bread, either white or whole wheat. Stir the cheese over the fire until it is thoroughly melted; take from the fire and when cool spread it between the slices of bread and butter; that is, spread it on one slice and cover with the other and press two together.

Workman's Cheese.

Cut slices of brown bread about a half inch thick. Do not remove the crusts. Take a half pint of cottage cheese, press it through a sieve, add to it 2 tablespoonfuls of thick cream. Beat until smooth and light. Spread each slice of bread thickly with the cheese mixture, then put a very thin slice of wheat bread on top of the cheese, then cheese and brown bread;

press together. Have the outside brown bread with a layer of cheese on each, and between the layers of cheese a slice of white bread. These are palatable, and they are very much better for the average workman than bread and ham.

Honolulu.

Put two Spanish sweet peppers (pimentos), 1 Neufchatel cheese, 1 pared and quartered apple and 12 blanched almonds through the meat grinder. These may be put through alternately, or mixed as you grind. Rub the mixture, add $\frac{1}{2}$ teaspoonful salt and a saltspoonful of paprika. Spread this between thin slices of buttered white and brown bread. Press; cut the crusts and cut into finger-shaped pieces.

Favorite.

Half pound of American cheese, $\frac{1}{2}$ cupful thick sour cream, 1 teaspoonful of Worcestershire sauce, 1 tablespoonful of tomato catsup, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful of paprika. Chop or mash the cheese, add gradually the cream, and when smooth add all the other ingredients. Spread this mixture on thin slices of buttered bread; cover the top with chopped cress; then cover with another slice of bread and press the two together.

Creole.

Put a half pound of American cheese through a meat grinder; add to it one Neufchatel cheese, mix well together; add 1 fresh peeled chopped tomato. Peel the tomato and cut it into halves; squeeze out the seeds and chop the flesh quite firm. Add one finely chopped sweet red pepper. Add $\frac{1}{2}$ teaspoonful of salt and a little black pepper; mix and spread between slices of white bread, or you may use one slice of white with one slice of whole wheat bread.

Cottage Cheese.

These are splendid for country picnics. The cottage cheese should be made rather dry. After it has drained and is quite dry, moisten it by adding either thick cream or melted butter. Do not make it too soft. Add a saltspoonful of black pepper and a palatable seasoning of salt. Spread between slices of buttered whole wheat; press the two together.

Raisin Sandwiches.

Put half pound of seeded raisins through the meat grinder; add quarter pound blanched and ground nuts, also a half tumbler of quince jelly. Mix thoroughly and put between thin slices of buttered bread.

Dates and Nuts for Teas.

Stone a quarter of a pound of dates and put through meat grinder; add to them a half tumbler of nut butter; mix until smooth; add four tablespoonfuls sweet cream and one tablespoonful of orange juice. Put this between thin slices of white buttered bread and serve.

Nut and Apple Filling.

Put half cupful thick stewed apples into a bowl; add grated yellow rind of quarter of an orange, and one cupful of finely chopped mixed nuts. Spread this on Saltines, Unedas, or any crisp crackers. Put another cracker on top and serve at once. These are especially nice for children's parties.

Fresh Fruit Sandwiches.

These sandwiches are exceedingly nice to serve for afternoon teas. They must be used soon after they are made, but they will keep for an hour if wrapped in a damp cloth.

Butter the bread and put between it layers of sliced strawberries, dusted with powdered sugar, or raspberries, or large blackberries cut in halves, or peaches finely chopped, or apple seasoned with a little salt, pepper, olive oil and lemon juice; or sliced bananas with a little lemon juice—all are good. Of course, we have not any of these fruits now but the last, but we can remember this next summer, to serve on a hot day with lemonade or loganberry juice.

Walnut and Celery.

Take equal quantities of chopped English walnut meats and hearts of celery. These must be chopped so fine as to be almost like a paste. Moisten with mayonnaise dressing and spread on thin slices from a round loaf of Boston brown bread.

Pecan and Date.

Remove the pits from dates and also the fibrous white lining. Chop fine with an equal quantity of pecans or English walnuts. Use cream to form a paste and spread on thin bread as usual.

SOME HOME RECIPES FOR SANDWICH FILLINGS, ETC.**Honey Sandwiches.**

Rub a little cream or cottage cheese smooth with cream; sweeten with strained honey and spread on thin slices of war bread.

Nut and Raisin Sandwiches.

Take equal quantities of nuts and seeded raisins; moisten with cream, grape juice or mayonnaise. Spread on thin slices of whole wheat bread.

Olive Sandwiches.

Thin slices of rye bread; Neufchatel cheese mixed to a paste with cream, and salad dressing; cover thickly with chopped olives.

Salmon Sandwiches.

Whole wheat bread; salmon dressed with lemon juice, and salt and pepper to taste on a lettuce leaf.

Fig Sandwich.

Rye bread with fig filling. Half pound finely chopped figs; quarter cupful honey; two tablespoonfuls lemon juice; two tablespoonfuls boiling water. Mix and cook in double boiler until thick enough to spread. The cost of these sandwiches would depend on where you bought your ingredients and whether or not you baked your own bread. With a piece of war cake or some fruit would make a luncheon for any one except perhaps an outdoor worker. Watching the miners going to work in a Butte mine, you would think they expected to be gone a week by the amount of food in their "nosebags," as they call them. They always seemed to have huge sandwiches, pie and doughnuts.—Mrs. M. Gay, 709 East Twenty-ninth street North.

Sandwich Filling.

To a pint of left over meat that is real tender and run through a grinder add one cup of chopped peanuts; heat and mix together while hot; season with pepper and salt to taste. It has a splendid flavor and makes delicious sandwiches.

Ribbon Sandwiches.

Spread thin slices of brown bread with a very little butter and one slice with finely minced ham; then place over this a slice of American cheese sprinkled with paprika, pepper and salt; then add a slice of white bread; cut diagonally, making triangular sandwiches, three tiers deep. These are nice for light refreshments.

Jelly Sandwiches.

Spread graham bread with jelly and sprinkle jelly with chopped nuts; cover with white bread or brown bread and shape as above.

Oriental Sandwiches.

These are delicious and should be served with tea. Cut the bread very thin, spread one side with cream cheese and chopped dates and the other side with chopped peanuts and press together.—Mrs. Roberts.

Some Cookie Recipes

Wheat Flake Cookies for Lunch.

	Cost.
2 c wheat flakes.....	\$.0200
1 c butter substitute (Crisco) ..	.1388
1 c honey.....	.1750
1 c raisins	.0500
1 egg	.0400
1 c milk	.0268
1½ cups graham flour.....	.0222
¼ t soda	.0002
¼ t cinnamon, nutmeg and cloves, each	.0250
Wood fire, 40 min. (½ use)....	.0368

\$0.5348

Sift flour and soda together, then mix thoroughly with the wheat flakes and spices. Stir well together the shortening and honey. Add well beaten egg and milk. Add dry ingredients, beat well and drop on greased paper in bottom of baking pan an inch apart. Bake in moderate oven. This recipe makes 4 doz. cookies.

Peanut Cookies.

	Cost.
2 T butter substitute (Crisco).\$.	.0174
4 T honey or white Karo.....	.0430
1 egg	.0400
4 T milk.....	.0068
1 c graham flour.....	.0148
1 c peanuts (chopped).....	.0750
1 t baking powder.....	.0021
Wood fire, 20 min. (½ use)....	.0184

\$0.2181

Sift flour and baking powder together, stir in beaten egg, milk and honey or Karo. Add chopped nuts, roll thin and cut in shapes. Bake in

moderate oven.—Mrs. W. S. Roberts, 1310 Clay street, city.

Scotch Oatmeal Cakes.

	Cost.
2 cups "fine ground" oatmeal..\$.	.0328
½ t salt	.0001
1 R t shortening, roast drip- ping or lard	.0052
¼ t (pinch) baking soda	.0001
½ cup hot water	.0000
Wood fuel ¼ hour (½ use)....	.0153

Cost\$0.0535

Into a basin, mix the oatmeal, salt and soda; next mix in a teacup the hot water and shortening, stirring till the dripping melts; pour over, and smartly stir, the dry ingredients. While the mixture is quite moist, turn on to the bakeboard which has been sprinkled with dry oatmeal, sprinkle some meal on the round. If too moist work in a little of the meal and sprinkle again so as to make it workable. Press into a round with the palms and pinch the edges as they crack. When the mixture is pressed into a neat round, roll very thinly, about ¼ of an inch thick. It is then cut into four parts and put on the griddle over a slow fire, as oatmeal is easily scorched. In a short time the cakes will curl up at the edges, at that stage they are lifted off the griddle and finished in the oven.—Contributed by Mrs. H. R. Hewitson, 929 Gantenbein avenue. Sent by Mrs. H. Woodham, Milwaukie, Or.

Lunches for School Children

Here is an appetizing and very substantial dish for school children to be served at school:

Baked Bean Chowder.

Two cups of brown or white beans, three tablespoonfuls of drippings, dash of red pepper, three boiled potatoes diced; one onion minced, one pint of tomatoes, one cup of boiling water, ¼ teaspoonful salt; cook all together about 15 minutes; serve hot with wafers or slices of steamed brown bread.

PENNY LUNCHES FOR SCHOOL CHILDREN.

Here is some general information about sandwiches from a little book which I just found in the library yesterday, called "A Penny Lunch," written to show how good nourishing food can be provided for school children for one penny per portion, which they figure at two-thirds of a cupful. It is really surprising—or would be to

those who hadn't been figuring closely on stews, baked beans, macaroni dishes, etc., as we have—to see what good palatable, highly nourishing food can be furnished for children's lunches for 1 cent for two-thirds of a cupful. I wish I could print the whole tiny book, and that it would stir up a movement to provide every single school building in our city with a lunchroom, where two or three cents would provide the poorest child with all the nourishing food he could eat every noon. I can't think of a better work than that for any one to do now, especially when the carrying forward of our civilization depends so much on this new generation now being "trained for action" in our schools.

Here is what the book says about sandwiches. Of course, you will understand that these prices will not be exact for us, as this work was done in Louisville, Ky., in 1915; yet the variations in the prices since do not

affect the price of small quantities so much but that we can form a very accurate estimate of what these food items will cost, and especially their comparative cost.

Sandwiches.

Each loaf of white bread was 11 by 5 inches, weighed one pound, and cost 4 cents.

Each loaf of rye bread was 13 by 4 inches, weighed one pound, and cost 4 cents.

Each loaf of graham bread was 10 by 5 inches, weighed one pound, and cost 4 cents.

White loaf was cut to make 28 slices; rye loaf to make 32 slices; graham loaf to make 26 slices.

Buns and sweet rolls cost 60 cents a hundred.

Preparation of Lettuce.

Lettuce was thoroughly washed and dried; the leaves placed one upon another and shredded; then dressed with salt and mayonnaise, and used immediately. In this way two full bunches of lettuce made a good layer for 28 sandwiches.

Peanut Butter.

One pound of peanut butter, softened with one tablespoonful of salad oil, spread 38 sandwiches.

Meat.

Chuck was used for sandwiches. Two pounds, cooked, sliced or ground, seasoned with salt and mayonnaise, made 40 sandwiches.

Here are some pastes for sandwiches:

Fruit Paste.

Materials—Dates, one pound; figs, one pound; oranges, two or more. Total cost, 21 cents.

Wash dates and figs in hot water; drain. Seed dates; boil seeds in little water, remove seeds, add water to paste. Mash dates and figs with fork, add orange juice until paste will spread with knife. Served 70 sandwiches.

Prevost Paste.

Materials—Kidney beans, 1 lb.; salt pork, ½ lb.; onion, scraped, 1 t; salt, 1 t; celery salt, 1 t; mayonnaise.

Total cost, \$0.16.

Wash beans, soak over night, boil with salt pork until tender, drain, run through meat grinder, mix into paste with other ingredients. Served 70 sandwiches.

Prepare navy beans in same way, seasoned with minced parsley and mayonnaise.

Salmon Paste.

Materials—Salmon, 1 can; egg, 1; onion, scraped, 1 t; parsley, minced, 2 t; salt, 2 t; mayonnaise, water, boiling, ½ cup.

Total cost, \$0.17.

Carefully shred the salmon, removing all bones. Add salt, onion, whole egg, slightly beaten, parsley, and boiling water. Cook in double boiler until thoroughly heated. Cool, add mayonnaise. Served 70 sandwiches.

Codfish Paste.

Materials—Codfish, boneless, 1 lb.; milk, ½ pt.; potatoes, mashed, 1 c; butter, melted, 2 T; water, 3 qts.

Total cost \$0.14.

Soak codfish in cold water two hours, drain, put on to cook in three quarts water, boil 30 minutes, drain and shred. Add potatoes, cooked and mashed, butter and milk. Stir into paste. Served 70 sandwiches.

Tuna fish, mixed with mayonnaise, was served in the same way.

Sandwiches—Special Recipes.

Boston brown bread with paste of cheese and olives. Each loaf made 15 sandwiches.

WESTERN CONSERVATION COOKING.

Here is a letter that is just exactly what we want, from just exactly the right source. Not theory, but the real experience of a loyal home-lover whose heart's deepest interests are with her home and her country. This is true Americanism that will 'preserve us a nation' forever.

Mrs. Howard says:

You have asked Portland housewives to send in suggestions for lunches for school children, office workers, outdoor workers, parties, etc. We are asked to give nourishing, well balanced lunches and yet observe, as near as we can, Mr. Hoover's plea for conservation. It seems to me that there are plenty of good nourishing things we can use in place of sugar, butter and the expensive meats.

Butter is 47 cents a pound, and we do not need it. We can substitute peanut butter, which is only 15 cents a pound, goes farther and is delicious. It is especially good for children. I have three boys, two of them going to school, and my husband works outdoors at very hard work, in the shipyards, and we use peanut butter in the lunches and on the table all the time. The children love it mixed with honey. Then there is sugar. One dollar's worth of sugar lasts us nearly two months, because we use it only in the children's cereal and very sparingly in tea and coffee. In cooking I use corn syrup or molasses. Corn

syrup is fine in sweetening pie filling and cake. It can also be used in custards and many other ways.

Then for the fats. Why should we use lard or suet or butter in shortening and frying when we have such splendid articles made from vegetables and nuts? Why not use Mazola oil, Wesson oil, olive oil, Cottolene and Crisco and Kaola? They are more nourishing, go much farther and give the food a flavor that lard, butter and suet never do.

I am submitting some lunch menus and recipes that I have worked out with the idea of conserving sugar and fats. I hope they meet with your approval.

Ripe olives can be bought for 10 cents a small can, and are much better than the green olives.

I use no white flour any more. I do all my own baking and use only whole wheat flour. Why use white flour when whole wheat is much better and our allies need flour so badly?

I have a conservation card in my front window and am trying my best to live up to my pledge. Let Portland housewives not be selfish, but be willing to share with those less fortunate, and help the cause of freedom and justice to all our fellowmen.—Mrs. Grace A. Howard, 750 Kelly street.

MENUS BY MRS. HOWARD.

School Lunch for One Child—No. 1.

One peanut butter and olive sandwich.

One egg sandwich.

Two molasses drop cakes.

One apple or banana, a small bottle of milk.

Peanut Butter Sandwich.

Cut two thin slices of whole wheat bread and spread with a mixture of peanut butter and ripe olives chopped fine. Press firmly together.

Egg Sandwich.

Mince fine two hard-boiled eggs; moisten with a few drops of Mazola or other oil; season well with salt and pepper, and spread between thin slices of bread.

One slice of white and one of whole wheat bread, with egg filling, makes a very pretty sandwich.

Molasses Drop Cakes.

	Cost.
1 c molasses	\$0.0424
$\frac{1}{4}$ c Mazola oil	.0227
1 T ginger	.0250
1 t soda	.0007
$\frac{1}{2}$ t salt	.0001
1 c boiling water.....	.0000

2½ c whole wheat flour.....	.0370
Wood, 15 min. ($\frac{1}{2}$ use).....	.0115

Total\$0.1394

Sift flour, salt and ginger together into a mixing bowl, make a hole in the flour and pour in the molasses and oil, then the boiling water in which the soda has been dissolved. Mix well to a stiff batter, using more flour or water if needed. Drop by small spoonfuls onto an oiled baking pan or sheet, and bake 15 minutes in a moderate oven. Makes about 18 cakes, or about 9c per dozen.

As molasses cakes spread, they should not be put into the pan close enough to touch each other. If desired, the cakes may be baked in muffin pans or by adding more flour and making stiff enough to handle, may be made into cookies. They are very cheap, and easily made, and children love them.—Mrs. Grace Howard.

School Lunch No. 2.

One minced salmon sandwich.

One peanut butter and honey sandwich.

One small jar baked beans.

One apple. A small bottle of milk.

Salmon Sandwich.

Mince fine some cold boiled or canned salmon; season with salt and pepper and spread between thin slices of whole wheat bread.

Peanut Butter and Honey.

Spread thin slices of bread with peanut butter and honey mixed, equal parts and press together.—Mrs. Grace Howard.

School Lunch No. 3.

One peanut butter sandwich.

One fruit sandwich.

One boiled egg.

A small bottle of milk.

Fruit Sandwich.

Spread slices of raisin bread with mixed minced dates or figs and chopped nuts.—Mrs. Grace Howard.

School Lunch No. 4.

One cheese and nut sandwich.

Three or four ripe olives or a pickle.

One small apple turnover.

Or one or two small cakes, one orange, one bottle of milk.

Cheese and Nut Sandwich.

Mix cream cheese or cottage cheese with finely chopped nuts and spread between slices of bread.—Mrs. Grace A. Howard, 750 Kelly street, city.

MENUS BY MRS. SPENCER.

School Lunch No. 1.

	Cost.
3 slices whole wheat bread....	\$0.0250
¼ lb. peanut butter	.0400
2 ginger creams	.0100
1 apple	.0100

\$0.0850

Ginger Creams.

	Cost.
1 c molasses	\$0.0424
½ c Crisco	.0694
½ c hot water	.0000
1 t ginger	.0083
¼ t salt	.0001
1 c whole wheat flour	.0148
1 c graham flour	.0148
2 t soda	.0014
Gas oven, 20 min.	.0157

Cost for 30 ginger creams...\$0.1669

Or about 6½ c per dozen.

Put the Crisco in a warm place; cream it with molasses; add the ginger and salt; next the soda, dissolved in the hot water; stir all together well; drop by tablespoonfuls on greased tins; bake in a moderate oven. This makes 30 ginger creams.—Mrs. G. Spencer.

School Lunch No. 2.

	Cost.
1-3 cake of Pimento cheese....	\$0.0350
¼ c walnut meats	.0312
2 slices whole wheat bread....	.0200
1 square gingerbread	.0180

Cost

Chop the nuts; mix together with cheese and spread on the bread.

Excellent Gingerbread.

	Cost.
1 egg (cooking)	\$0.0400
2 T brown sugar	.0052
3 T Crisco	.0261
1 c molasses	.0424
1 t ginger	.0083
1 t cinnamon	.0083
1 t soda	.0007
1 c boiling water	.0000
½ c whole wheat flour	.0220
1 c white flour	.0141
Gas, 30 minutes, moderate....	.0128

\$0.1799

Beat up the egg, cream the sugar and Crisco; add to the egg, next the molasses, then water with soda dissolved; sift the flour with the spices and stir in last; put in a large greased pan. This makes 10 large squares.

School Lunch No. 3.

	Cost.
3 slices whole wheat bread....	\$0.0300
½ glass raspberry or other jam (home-made)	.0350
2 oatmeal drop cakes	.0162
1 orange	.0250

\$0.1062

Spread the jam on the slices of bread and cut in two; placing one on top of the other, making three sandwiches. I think jam makes good lunches for children; it is so nourishing, and nearly all children like it, and it saves the butter.

To Make Oatmeal Cakes.

	Cost.
1 c brown sugar.....	\$0.0417
2-3 c Crisco.....	.0925
1½ c rolled oats.....	.0246
1 egg (cooking).....	.0400
½ t salt.....	.0001
½ c raisins (small).....	.0250
1 t cinnamon.....	.0083
½ t soda.....	.0003
½ c boiling water.....	.0000
1 c flour.....	.0141
Gas, 20 minutes.....	.0038

Cakes cost

This makes 31 cakes, or less than 10 cents per dozen.

Melt the Crisco in boiling water; mix the oats, sugar, salt and cinnamon together; beat the egg and add it next; then the melted Crisco and water; sift the flour with the soda, add raisins and mix all together. It will be quite stiff; drop a spoonful at a time on greased pans, leaving plenty of space between.—Mrs. G. Spencer, 1260 East Davis street.

MENU BY MRS. OATFIELD.

School Lunch.

	Cost.
2 nut bread sandwiches	\$0.0612
1 c custard	.0430
1 apple	.0100

Total

Nut Bread.

	Cost.
3 c graham	\$0.0444
2 c sour milk	.0126
1 t soda (dissolved in milk)....	.0007
1 t salt	.0003
½ c Karo	.0312
1 c walnut meats.....	.1256
1 egg (beat well)	.0400
Fuel, 1 hr. medium (wood)....	.0204

Per loaf

2 sandwiches (4 slices).....	\$0.0456
1 T butter	.0156

Total

Cup Custard.

	Cost.
1 c milk	\$0.0268
1 egg	.0400
2 t Karo	.0026
½ t nutmeg	.0065
Fuel ½ hr. oven (wood).....	.0102

Two custards

Or \$0.0430 each. Bake in pan of hot water.—Mrs. J. Oatfield, Milwaukee, Or.

MENU BY MRS. MCCREARY.

School Lunch.

	Cost.
4 thin slices war bread.....	\$0.0180
2 t cottage cheese, 15c lb.....	.0010
2 t peanut butter, 15c lb.....	.0010
Lay on lettuce leaf and put between bread.	
¼ lb. dates.....	.0400
1 Oregon apple.....	.0100

Cost

—Mrs. J. E. McCreary, 786 East Buffalo street.

MENUS BY MRS. KRUSE.

School Lunch No. 1.

	Cost.
2 thin slices white bread.....	\$0.0044
Fruit paste	.0030
2 thin slices rye bread.....	.0038
1 T butter.....	.0156
2 graham cookies.....	.0082
1 large orange at 40c dozen...	.0333
Cost	\$0.0799

Graham Cookies.

	Cost.
1 c sour milk.....	\$0.0063
1 t soda.....	.0007
1 R T Crisco.....	.0174
1 t salt.....	.0003
Graham flour (about).....	.0296
Gas	.0190

Makes about 18 at.....\$0.0733

Or less than $\frac{1}{2}$ c each.

Rub Crisco into some of the graham flour before you add the milk. Then add enough flour to roll. It's been so long since I've baked these that I have forgotten the exact amount of flour used.

School Lunch—No. 2.

	Cost.
2 slices bread (white).....	\$0.0044
1 T butter (scant).....	.0156
1 T salmon.....	.0150
2 slices graham bread.....	.0046
1 t peanut butter.....	.0030
1 doughnut	.0100
6 stuffed dates.....	.0300
Cost	\$0.0826

Recipe for Doughnuts.

	Cost.
1 c sugar.....	\$0.0417
1 egg	.0400
1 c sour milk.....	.0063
2 T sour cream or Crisco.....	.0174
1 t soda.....	.0007
1 pinch baking powder (put with soda)	.0021
2½ c flour.....	.0352
Fry in Crisco (about 10c worth)	.1000
Gas, 20 minutes.....	.0038

Cost

Mix, roll and cut out doughnuts, place on board and let raise $\frac{1}{2}$ day. Makes about 2 dozen large doughnuts at 1 cent each. I sometimes put a prune in center, pinch the edges and fry.—Mrs. F. W. Kruse, 131½ East Eighteenth street.

MENUS BY MRS. TAYLOR.

School Lunch—No. 1.

	Cost.
2 slices white bread, with salmon filling, (home-canned)...	\$0.0200
2 slices nut bread with jam (home made)	.0300
1 banana	.0200
Cost	\$0.0700

Nut Bread.

	Cost.
1 c rye flour.....	\$0.0375
2 c whole flour.....	.0296
1 c nuts	.1250
2 c sour milk.....	.0126
1½ t soda.....	.0010
½ t salt.....	.0001
½ c molasses.....	.0212
Wood, 40 minutes ($\frac{1}{2}$ use)....	.0170

Cost

Mix and bake in slow oven 40 minutes.—Mrs. F. N. Taylor, 5511 52d ave. S. E., city.

School Lunches—No. 2.

	Cost.
4 slices war bread.....	\$0.0400
Date filling	.0250
4 peanut cookies	.0080
1 apple	.0100

Cost

Peanut Butter Cookies.

	Cost.
1 c Karo syrup.....	\$0.0400
2 T peanut butter.....	.0060
1 c sour milk.....	.0063
1 t soda.....	.0007
½ c water (boiling).....	.0000
2 c flour.....	.0282
Wood fire ($\frac{1}{2}$ use) 40 min....	.0170

Total

Make a drop batter and bake in a quick oven. Makes three dozen, or 3 cents per dozen.

School Lunch—No. 3.

	Cost.
2 slices war bread.....	\$0.0200
1 T cheese.....	.0047
Creamed with ½ T tomato cat-chup	.0031
2 slices nut bread.....	.0300
½ lb. milk chocolate.....	.0300
1 apple	.0100

Cost

—Mrs. F. N. Taylor.

School Lunch—No. 4.

	Cost.
2 slices war bread.....	.0200
Panut butter and raisins.....	.0300
2 slices war bread with marmalade	.0300
1 banana	.0200

Cost

School Lunch—No. 5.

	Cost.
2 slices white bread with meat filling	\$0.0400
1 slice nut bread	.0100
2 cookies	.0100
1 apple	.0100

Total

A good war bread is made by using 1 cup rye, 1 cup whole wheat, 1 cup bran and 2 cups white flour and $\frac{1}{2}$ cup molasses. For a change, leave out the ry flour and use 2 cups of whole wheat.—Mrs. F. N. Taylor, 5511 52d ave. S. E.

Mrs. Taylor's prices are rather indefinite and hard to obtain, so I will print them as she has them, as they are very nearly correct. The value of these lunch menus is more in their suggestiveness for a variety in nourishing lunches than for the fractional difference in cost.

MENUS BY MRS. SHAND.

Luncheon for School Children.

Oat Cakes.

	Cost.
1 lb. oatmeal (fine ground)....	\$0.0778
$\frac{1}{2}$ t salt	.0001
$\frac{1}{2}$ t soda	.0004
1 T Crisco	.0087
Wood heat, 5 min. ($\frac{1}{2}$ use)....	.0023

Cost of 30 cakes

Cost per cake, \$0.0030.

Mix all dry ingredients thoroughly, add water, dough should be very stiff, put on board and knead into round cake, then roll out very thin, cut with biscuit cutter and bake in hot oven 5 minutes. (Will make 30 cakes.)

I always make a ginger cake at the same time as the oat cakes as there is always about a cupful of scraps left over and it is quite suitable for the cake.

Ginger Cake.

	Cost.
1 egg (cooking)	\$0.0400
1 cup flour	.0141
$\frac{1}{2}$ cup oatmeal scraps left over ..	.0000
1 cup Karo syrup	.0625
1 t ginger	.0083
1 t cinnamon	.0083
2 c sour milk	.0032
$\frac{3}{4}$ t soda	.0006
1 T Crisco	.0204
Wood heat, $\frac{1}{2}$ hr. ($\frac{1}{2}$ use)....	.0204

Cost

Melt Crisco and syrup on stove, add all other dry ingredients; mix thoroughly, add well beaten egg and half of milk. Beat a few minutes; mix soda in the rest of the milk; add to mixture; put in greased loaf pan and bake 30 minutes. One slice cake costs 2 cents.

Raisin Cookies.

	Cost.
1 c oatmeal	\$0.0164
$\frac{1}{2}$ c flour	.0070
1 T Crisco	.0087
$\frac{1}{2}$ c seeded raisi. n.s.	.0250
$\frac{1}{2}$ c seeded raisins	.0250
1 t cinnamon	.0083
1 t baking powder	.0021
1 egg (cooking)	.0400
$\frac{1}{2}$ c skimmed milk	.0031
Wood heat, 5 min. ($\frac{1}{2}$ use)....	.0023

Total cost

Or 6 cents per dozen.

Mix dry ingredients; add beaten egg and milk; beat five minutes. Drop on ungreased baking sheet by teaspoonfuls. Bake five minutes in hot oven. This will make 24 cookies.—Mrs. Shand, 805 East Thirty-sixth street.

MENU BY MRS. WRIGHT.

School Lunch.

	Cost.
2 slices white bread.....	\$0.0044
1 egg and cottolene to fry....	.0540
2 slices rye bread.....	.0038
Jelly to spread	.0150
1 cookie	.0100
1 apple	.0100

\$0.0972

I can't tell you how much I enjoy your department. I thought I was Hooverizing until you began talking about cutting down and out the teaspoonful of sugar and butter we are apt to put in food just to make it taste a little better—and we can so easily do without.—Mrs. H. H. Wright, 419 East Fifty-second street North.

MENUS BY MRS. GOUGH.

School Lunch—No. 1

	Cost.
2 white bread sandwiches with lettuce, nut and celery filling	\$0.0300
1 cupful jellied broth.....	.0300
2 olives	.0200
3 nut cookies.....	.0150
1 cupful milk.....	.0400

Cost

Nut and Celery Filling White Bread Sandwiches.

	Cost.
$\frac{1}{2}$ cup almond meat.....	\$0.0625
1 cup celery hearts.....	.0143
2 T salad dressing.....	.0200
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0001

Price for filling.....

One-half cupful almond meat, 1 cupful celery hearts; chop very fine, moisten with salad dressing, salt and pepper. Cut sandwiches round or in diamond shape. Wrap in oiled paper.

Jellied Broth.

Soak 1 teaspoonful gelatine in 1 tablespoonful cold water for five minutes; dissolve in tablespoonful of boiling water and add to 1 cup of well seasoned (no onion) chicken broth. When cold beat lightly with a fork.

Nut Cookies.

	Cost.
$\frac{1}{2}$ c Crisco.....	\$0.0694
$\frac{1}{2}$ c brown sugar.....	.0209
1 egg	.0400
$\frac{1}{2}$ c milk.....	.0134
$\frac{1}{2}$ c New Orleans molasses....	.0212
$\frac{1}{2}$ t soda.....	.0003
$\frac{1}{2}$ c peanut butter.....	.0375
2 c flour.....	.0282
1-5 t salt.....	.0001
$\frac{1}{2}$ t cinnamon.....	.0042
$\frac{1}{2}$ t cloves.....	.0027
Wood fuel, 40 minutes ($\frac{1}{2}$ use) ..	.0170

Cost

Cream $\frac{1}{2}$ cupful butter substitute with $\frac{1}{2}$ cup brown sugar and 1 egg, add $\frac{1}{2}$ cupful milk and $\frac{1}{2}$ cupful dark molasses, in which $\frac{1}{2}$ teaspoonful of

soda has been dissolved; $\frac{1}{2}$ cupful chopped peanuts. Sift together 2 cupfuls flour, about 1-5 teaspoonful salt, $\frac{1}{2}$ teaspoonful cinnamon, 1-3 teaspoonful cloves, add to the above, drop in greased pan. If rolled out more flour will be needed.

Child's School Lunch—No. 2.

	Cost.
2 lettuce sandwiches.....	\$0.0300
2 stuffed eggs	.070
2 stalks celery	.005
1 c orange jello	.035
1 square sponge cake.....	.015
Total cost	\$0.155

Orange Jello.

	Cost.
1 envelope Knox gelatine.....	\$0.0750
$\frac{1}{2}$ c sugar	.0209
1 c orange juice (2 oranges)...	.0500

Total cost\$0.1459

Soak one envelope Knox gelatine in half cup cold water, dissolve in two cups boiling water, to which half cup sugar has been added, followed by one cup thick, sweet orange juice.

Sponge Cake.

	Cost.
2 eggs	\$0.0800
1 c sugar	.0417
1-3 c flour	.0188
2 t baking powder.....	.0042
$\frac{1}{4}$ t salt	.0001
Wood fuel to bake 1 hr. ($\frac{1}{2}$ use)	.0170

Total cost\$0.1618

Beat till light the yellows of two eggs; add gradually one cupful sugar, one cupful hot water, the beaten whites of two eggs, 1-3 cupfuls flour that has been sifted several times with two level teaspoonfuls of baking powder and a pinch of salt, and bake one hour in slow oven.

For the sponge cake Karo may take the place of sugar. Cut children's sandwiches round or diamond shape; wrap in oiled paper. Use jelly glasses for fruits and jello desserts. Milk may be had at the nearest store or carried. Paper cups, plates and napkins are handy for lunches, as they can be discarded after using.

—Mrs. Gough, 902 East Seventh street North, city.

Office Lunches

MENUS BY MRS. SPENCER.

Office Lunch—No. 1.

(Sandwiches, Cookies, Doughnuts and Apples.)

	Cost.
4 slices whole wheat bread.....	\$0.0250
$\frac{1}{4}$ lb. boiled ham or cold meat	.1250
$\frac{1}{2}$ t mustard (mixed).....	.0042
1 t Worcestershire sauce.....	.0032
1 egg yolk.....	.0250
2 doughnuts	.0150
4 oatmeal cookies.....	.0100
2 apples	.0200

Two lunches cost.....\$0.2274

Each lunch 1.137

Put the ham or meat through the meat chopper (using the fat), stir in the yolk of an egg, the mustard and Worcestershire sauce, spread between the slices of bread. This makes four good-sized sandwiches.

Whole Wheat Bread.

	Cost.
1 cake Fleischmann yeast.....	\$0.0250
3 c lukewarm water.....	.0000
2 T brown sugar.....	.0052
2 T lard.....	.0312
$7\frac{1}{2}$ c whole wheat flour (2 lbs.)	.1184
$1\frac{1}{2}$ t salt.....	.0005
Gas to bake.....	.0220

3 loaves\$0.2023

Office Lunch—No. 2.

(Sardines, Jelly Roll, Bananas.)

	Cost.
1 can sardines.....	\$0.1000
$\frac{1}{2}$ lemon (juice of).....	.0125
4 slices bread.....	.0250
2 ounces butter.....	.0625

2 slices jelly roll.....	.0500
2 bananas	.0400

Two lunches\$0.2900

Open the sardines, remove the skin and bones, lay the fish on buttered slices of bread, squeeze lemon juice over it and lay another slice of bread on top.

Jelly Roll.

	Cost.
2 eggs (cooking).....	\$0.0800
1 c sugar	.0417
1 c flour.....	.0141
$\frac{1}{4}$ t salt.....	.0001
1 t baking powder.....	.0021
1 T compound to grease tin...	.0078
Gas to bake, 20 minutes.....	.0038
Jelly (home-made)	.0750

Cost\$0.2246

Beat the yolks light, add sugar, 2 tablespoonfuls water, the salt, stir in gradually flour sifted with baking powder, bake in biscuit tin well greased. Turn on a damp towel, roll while warm.

Office Lunch—No. 3.

(Cheese Sandwiches, Ginger Snaps and Dates.)

	Cost.
$\frac{1}{4}$ lb. cheese	\$0.0750
1 egg (cooking).....	.0400
1 T butter.....	.0156
$\frac{1}{2}$ t salt.....	.0002
$\frac{1}{2}$ t mustard.....	.0042
$\frac{1}{2}$ t pepper.....	.0042
1 T vinegar.....	.0016

6 thin slices graham bread....	.0300
6 ginger snaps.....	.0050
½ package dates.....	.0500

Two lunches cost.....\$0.2258
Or \$0.1129 each.

Take 1 hard-boiled egg and crumble down the yolk; put the butter in and mix it smooth with a spoon; then add the salt, pepper, mustard and cheese, mixing each well. Put the vinegar in, and it should be the right thickness. Spread between slices of bread. This makes six small or three large sandwiches.—Mrs. G. Spencer.

Ginger Snaps.

	Cost.
1 c graham flour	\$0.0148
1½ c flour	.0211
1 c N. O. molasses	.0424
½ c Crisco	.0694
1 t soda	.0007
1 egg (cooking)	.0400
1 t ginger	.0083
¼ t salt	.0001
Gas oven, 30 minutes.....	.0235

5 dozen ginger snaps cost...\$0.2203
Or 4½c per dozen.

Put the Crisco in a warm place to soften, stir the soda into the molasses till it is foamy, then add to the Crisco, mix well next the beaten eggs, ginger and salt, roll out thin, bake in a moderate oven. This recipe makes 60 excellent ginger snaps.—Mrs. G. Spencer, 1260 East Davis st.

MENU BY MRS. HOWARD.

Lunch for Office Worker.

Three sandwiches; one of minced or thinly sliced meat between thin slices of buttered bread, one of minced eggs or of cream cheese and nuts or chopped ripe olives, and one of peanut butter and honey.

One small jar of baked beans.

One or two pickles or a few olives.

One or two small cakes and a small jar of home canned fruit or an apple, orange or banana.

A pint bottle of milk should be included in the lunch.—Mrs. Grace A. Howard, 750 Kelly street, city.

(Mrs. Howard is used to hearty appetites. This is more than an office worker would eat. Consider Mrs. Spencer's office lunches, which rather go to the other extreme.)

MENU BY MRS. BRITTING.

Office Lunch.

Patti Sandwiches, Fruit Cake, Pears.

	Cost.
2 large or 4 small liver patti sandwiches	\$0.0432
1 large slice fruit cake.....	.0200
2 Winter Nellis pears, 15c doz.	.0250

\$0.0882

1 loaf home-made bread	\$0.0600
4 slices of bread	.0250

Patti Paste.

	Cost.
Liver	\$0.1000
2 T onion	.0020
4 T duck fat	.0000
½ t salt	.0001
Pinch pepper	.0001
Gas, 15 min.	.0029

Cost of paste\$0.1051
Fry liver in 2 T duck or goose fat left from Thanksgiving. If not duck or goose fat, use Crisco or bacon dripping. Fry slowly 15 min. When cold put through finest grinder, add 2 T finely chopped onions, 2 T melted duck fat, salt and pepper. Mix well. This is a delicious paste and will keep for some time in a cool place. Will spread about 12 sandwiches.

Apple Sauce Cake.

	Cost.
1 c apple sauce	\$0.0200
1 c sugar	.0417
2 c flour	.0282
1 t baking powder	.0021
1 T butter	.0156
1 t soda	.0007
4 T boiling water	.0000
1 c chopped nuts	.1250
1 c seedless raisins	.0500
Gas, 1½ hours	.0383

\$0.3215

Mix apple sauce, sugar and melted butter, add flour into which has been sifted 1 t baking powder, dissolve 1 t soda in 4 T boiling water. Mix all together, add fruit and nuts last. Bake 1½ hours. Will keep like any fruit cake. I will try ¾ c Karo in place of sugar next time. This is a splendid cake and very cheap.—Mrs. Maude Britting, 53 North Eighteenth street.

MENU BY MRS. KRUSE.

Office Lunch.

	Cost.
2 slices white bread	\$0.0044
1 t butter	.0032
Cold chicken (left over)	.0200
2 slices rye bread	.0038
1 T ground peanuts	.0050
1 t mayonnaise dressing	.0100
4 olives	.0100
1 c custard (my recipe in Friday's paper), (steamed custard)	.0350
Apple	.0100

\$0.1014

Spread butter on sandwiches and cut the cold chicken in bits for first sandwich; mix the peanuts and dressing and spread on bread for second sandwich.—Mrs. F. W. Kruse, 131½ E. Eighteenth street, city.

Let Dorothy Dillon Answer Your Questions
Through The Telegram's Woman's Page

Lunches for Outdoor Workers

MENU BY MRS. HOWARD.

Lunch for Manual Worker.

Two sliced meat or minced fish sandwiches.

One peanut butter and honey sandwich.

One jar baked beans or baked macaroni with cheese.

One apple turnover or two or three small cakes and a small jar of home-canned fruit.

One apple, orange or banana.

For the manual laborer, sandwiches are better and more nourishing if made from whole wheat or rye bread, instead of white.

If one has a thermos bottle, it is well to add it to the lunch, filled with hot coffee.

Cup Cakes.

	Cost.
½ c corn syrup	\$0.0313
1 egg	.0400
¼ c Mazola oil or Crisco	.0694
1 c sweet milk	.0263
2 c flour	.0296
1½ t baking powder	.0032
¼ t salt	.0001
1 t vanilla extract	.0292

Total

Mix sugar or syrup and oil together. Add the egg which has been whipped very light, then the milk, and extract, and, lastly, the flour in which has been mixed the baking powder and salt. Mix well, and bake from 15 to 25 minutes in well-oiled gem pans.

If desired, a few currants or raisins or a little cocoanut may be added.

Apple Turnover.

Roll pie dough into square pieces. Slice apples as if for pie. Place in the middle of square, flavor with cinnamon or allspice, sweeten with a little corn syrup, and fold the dough over, pinch firmly together, and bake till well done.—Mrs. Grace A. Howard, 750 Kelly street, Portland.

MENU BY MRS. KRUSE.

Outdoor Work Lunch.

	Cost.
4 slices white bread	\$0.0088
2 hard boiled eggs (chopped and mixed with salt and pepper and a little butter spread between bread)	.1000
2 T butter	.0300
2 slices rye bread	.0338
1 T jam or jelly	.0150
1 c beans	.0200
2 doughnuts	.0200
2-3 pt. hot coffee (in Thermos bottle)	.0350
1 c prune sauce	.0250

\$0.1576

—Mrs. F. W. Kruse, 131½ East Eighth street, city.

(I want to thank Mrs. Kruse for having her recipes so exceptionally well written and priced with absolute correctness so far as I can estimate.)

MENU BY MRS. WILLIAMS.

Lunch for Working Man.

Four slices home-made bread (two white and two Graham), 1½ table-spoonfuls butter, ¼ pound hamburger steak rolled very thin on a floured board and fried in ½ tablespoonful butter, seasoned with pepper and salt; two cookies, two pickles, home-made; six dates, one apple.—Mrs. W. W. Williams, 1411 Rodney avenue.

MENU BY MRS. OATFIELD.

Lunch for Man Working Outside.

	Cost.
2 rye bread, cheese sandwiches.	\$0.0956
2 whole wheat bread tongue and horseradish sandwiches..	.1482
1 raspberry turnover	.0231
	\$0.2669

Rye Bread.

	Cost.
Yeast—	
1-3 cake Magic yeast (soaked in ½ c water).....	\$0.0027
1 pint potato water.....	.0000
1 lb. white flour.....	.0563
Sponge—	
Yeast (above)	.0000
1 c water.....	.0000
3 c white flour.....	.0423
Bread—	
Sponge (as above).....	.0000
1 c water	.0000
1 T salt	.0008
1 lb. rye flour	.0750
Fuel (wood) 1 hour.....	.0204

4 1-lb. loaves.....\$0.1975
Or \$0.0493 per loaf.

	Cost.
1 T butter	\$0.0156
Cheese, 1-5 lb. (30c lb.).....	.0600
4 slices bread	.0200

Cost of sandwiches given above \$0.0956

Whole Wheat Bread.

Costs 6 cents per loaf to make.	
4 slices bread	\$0.0200
1 T butter	.0156
Boiled tongue (about).....	.1000
Horseradish (2 t).....	.0126

Cost of sandwiches given above \$0.1482

Raspberry Turnover.

	Cost.
1½ c flour	\$0.0211
¼ c Crisco.....	.0347
1-3 t salt	.0001
1-3 t baking powder.....	.0012
½ c water	.0000
Fuel, gas, 20 minutes.....	.0083
1 quart home fruit (1-3 used)..	.0500

Cost of 5 turnovers.....\$0.1156
Strain off some of fruit juice. Divide crust in five parts. Roll each piece out. Pierce pattern on half used for crust, place fruit on ½, fold over, moisten edge. Crimp a border with fingers.—Mrs. John Oatfield, Milwaukie, Or.

MENU BY MRS. ROBERTS.

Lunch for Men Doing Outdoor Work.

	Cost.
Bean loaf, 2 slices, about.....	\$0.0400
Raisin sandwiches, 2 or 3.....	.0600
Baked apple, cocoanut filling..	.0300
Pickles or relish of some kind	.0100
Coffee, tea or cocoa (hot).....	.0200

Total\$0.1600

Bean Loaf.

	Cost.
1 lb. can beans.....	\$0.1500
$\frac{1}{2}$ lb. cheese (grated).....	.1500
$\frac{1}{2}$ c bread crumbs.....	.0150
1 T minced onion.....	.0010
1 t salt.....	.0003
$\frac{1}{8}$ t pepper.....	.0020
Gas, 20 minutes.....	.0095

Total\$0.3278

Put the beans through meat grinder or mash them. Kidney beans may be used, or home-made baked beans may be substituted for canned beans. Stir in the cheese, bread crumbs and onion. Season to taste with salt and pepper; form into a loaf. Baste with 2 tablespoonfuls of drippings and a little water occasionally, as it cooks in a moderate oven in about 20 minutes. This is fine, hot or cold.

Baked Apples with Cocoanut.

Pare and core five or six baking apples and fill the centers with cocoanut, using a teaspoonful for each apple, having soaked cocoanut in a little milk. Steam until soft. Remove carefully to a shallow dish. Put a teaspoonful of honey over each apple and brown lightly in the oven.

Brown Bread for Sandwiches.

	Cost.
1 c corn meal.....	\$0.0283
1 c whole wheat flour.....	.0148
1 c graham cracker crumbs (about)	.0300
$\frac{3}{4}$ T soda.....	.0015
1 t salt.....	.0003
$\frac{3}{4}$ c molasses.....	.0318
$\frac{2}{3}$ c sour milk.....	.0126
Wood fire, $1\frac{1}{2}$ hours ($\frac{1}{2}$ use)	.0306

Cost of recipe.....\$0.1499

Mix and sift 1 cup corn meal, 1 cup whole wheat flour, 1 cup Graham cracker crumbs, $\frac{3}{4}$ of a tablespoonful of soda and teaspoonful of salt; add $\frac{3}{4}$ cup of molasses and 2 cups sour milk; fill greased 1-lb. baking powder boxes two-thirds full of mixture; adjust greased covers and tie down with a string, otherwise the bread in rising might force off the covers; place boxes on a trivet in a kettle containing boiling water, allowing water to come up around molds; cover closely and steam $1\frac{1}{2}$ hours, adding more boiling water as needed; remove from molds as soon as taken from the water. See to it that the baking powder tins do not leak before using them for steaming brown bread. One

and one-third cups of sweet milk or water may be substituted in this recipe for the sour milk. Cut thin slices for any kind of sandwich filling.—Mrs. Roberts.

Raisin Sandwiches.

About one tablespoonful of chopped raisins for each sandwich; run raisins through meat grinder; add enough cream or canned milk to make a soft paste; spread thickly on the brown bread. Of course white bread may be used.

Pickles or relish (home-made) ought to complete this lunch, with hot coffee, tea or cocoa.—Mrs. W. S. Roberts, 1310 Clay street.

MENUS BY MRS. EVANS.

Mrs. Evans says: We are small farmers and my husband works away from home about half the time, teaming, so I will give you an idea of what I put in his lunch box.

Workingman's Lunch No. 1.

- $\frac{1}{2}$ pint milk.
- 2 rye bread sandwiches filled with cheese (home made.)
- 1 square of gingerbread.
- 1 boiled egg.
- 1 boiled potato with jacket on.
- 1 apple.
- Salt and pepper shaker.

Workingman's Lunch No. 2.

- 1 pint milk.
- 2 jam sandwiches.
- 2 buttered graham gems.
- $\frac{1}{2}$ pint baked beans.
- 1 small onion.
- 1 tomato.
- Salt and pepper shaker.

Workingman's Lunch No. 3.

- 1 pint milk.
- 2 chicken sandwiches.
- 2 rolled oat cookies.
- 1 cup apple sauce.
- 1 pickle.

On cold days I substitute one-half coffee mixed with the milk, flavored with sugar and heated. As we produce most all of these articles on the farm, I will leave their commercial value to you.—Yours truly, Mrs. V. C. Evans, Waluga, Or.

MENUS BY MRS. GEOUGH.

Workingman's Lunch No. 1. Cost.

4 white bread sandwiches, lettuce and sardine filling....	\$0.0600
Celery hearts	.0200
2 stuffed eggs	.1011
1 cup rice custard	.0610
2 cup cakes	.0324
Spiced crabapples	.0200
2 cups coffee	.0300

\$0.2245

Recipes.

Sardine filling for lettuce sandwiches—Remove the skin and bones from $\frac{1}{2}$ can sardines, work to a paste

with the yolks of 2 hard-boiled eggs, salt and pepper and add enough mustard dressing to make moist enough to spread.

Sandwich Filling No. 2.

1 cup raisins, $\frac{1}{2}$ cup nuts, $\frac{1}{2}$ cup dates, 1 tablespoon brown sugar. Put through food grinder.

Stuffed Eggs.

	Cost.
2 eggs	\$0.1000
1 t minced ham (left over)....	.0000
$\frac{1}{4}$ t salt	.0001
$\frac{1}{8}$ t pepper	.0010

Cost of 2 eggs.....\$0.1011
Cut two hard-boiled eggs in two, with the yolks cream 1 t minced ham, dash of salt and pepper; press into the white halves, wrap in oiled paper.

Rice Custard.

	Cost.
1 egg	\$0.0400
$\frac{1}{2}$ c milk	.0134
1 t sugar	.0009
2 T cooked rice	.0005
$\frac{1}{2}$ t salt	.0001
$\frac{1}{2}$ t cinnamon	.0010
Wood fire, 15 min. ($\frac{1}{2}$ use)..	.0051

\$0.0610

One egg, $\frac{1}{2}$ cup milk, 1 teaspoon sugar, 2 teaspoons cooked rice, a dash of salt and cinnamon. Bake till set and brown.

Cup Cakes.

	Cost.
1 T compound	\$0.0078
$\frac{1}{2}$ c sugar	.0209
$\frac{1}{2}$ c Karo syrup	.0312
2 egg whites	.0400
2-3 c milk	.0178
1 t flavoring	.0292
1 2-3 c flour	.0235
2 t baking powder	.0072
Wood fire, medium ($\frac{1}{2}$ use)..	.0115

1 dozen cakes cost\$0.1891

Cream 1 tablespoonful butter, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup Karo syrup, white one egg, add 2-3 cup milk, beaten white of 1 egg, 1 teaspoonful flavoring and 1 2-3 cups flour, sifted several times with 2 level teaspoonfuls baking powder and bake.

Working Man's Lunch—No. 2.

	Cost.
2 rolls, lettuce and meat filling..	\$0.03
1 c scalloped hominy.....	.06
1 stuffed pepper	.02
2 slices brown bread.....	.01
1 c apple butter	.02
2 c coffee	.03
Total cost	\$0.19
1 square raisin cake.....	.02

French Rolls.

One cake yeast (compressed), dissolved in 1 cup water (lukewarm). Add enough flour to make a batter; let stand till the following cools: Three cupfuls skimmed milk, heated; while hot add 1 tablespoonful sugar, 1 level tablespoonful salt, 1 tablespoonful butter or substitute. When When cool add the yeast and 1 well beaten white of egg and about 4 or 6 cupfuls of flour to make a soft dough. Let rise twice in well greased bowl, roll out an inch in thickness; cut in strips about four inches long and two inches wide; fold lightly into shape; let rise in pan and bake about 10 minutes.

Scalloped Hominy.

Into $\frac{1}{2}$ cupful milk beat 1 egg, dash of salt and pepper and 2 tablespoonfuls cooked hominy; bake till custard is set and brown.

Canned Peppers Stuffed.

Mix equal parts of any chopped cold meat or salmon with celery; season and press into the pepper shells.

Raisin Cake.

	Cost.
1 c raisins	\$0.0500
1 c water	.0000
1 c brown sugar	.0417
$\frac{1}{2}$ c compound	.0625
1 egg	.0400
$\frac{1}{2}$ c milk	.0134
1 t soda	.0007
2 $\frac{1}{2}$ c flour	.0353
$\frac{1}{4}$ t salt	.0001
1 t cinnamon	.0083
$\frac{1}{2}$ t cloves	.0042
Wood fire, 20 min.....	.0139

Cost of cake.....\$0.2701

Boil together 1 cupful raisins and 1 cupful water. Let cool. Cream 1 cupful brown sugar, $\frac{1}{2}$ cupful butter substitute, 1 egg, $\frac{1}{2}$ cupful milk. Add the raisins and water and 1 level teaspoonful soda. Sift together 2 $\frac{1}{2}$ cupfuls flour, $\frac{1}{4}$ teaspoonful salt, 1 teaspoonful cinnamon, $\frac{1}{2}$ teaspoonful cloves. Add to the above and bake 20 minutes in moderate oven. Use baking pan about 10 inches square. Coffee to be carried in thermos bottle.—Mrs. Gough, 902 East Seventh street North, city.

Phone Your Want Ads to The Telegram—
Broadway 200, A 6701

Lunches for Parties, Picnics, etc., for Ten People

PARTY MENU BY MRS. SPENCER.

Chicken Rolls.

Fruit Salad with Pineapple Dressing.

Angel Food. Pineapple Sherbet.

Chicken Rolls.

	Cost.
2-lb. chicken, 25c lb.....	\$0.5000
2 T butter.....	.0312
2 T flour.....	.0018
¼ t pepper.....	.0021
1 t salt.....	.0003
½ t celery salt.....	.0031
Gas to cook chicken, 1-3 on....	.0114

Total\$0.5499

One dozen rolls, home-made,
whole wheat 1200

Total\$0.6699

Melt the butter and blend it with the flour; add gradually four cups of chicken stock; season with the spices; stir until smooth. Chop the chicken, which has been removed from the bones; mix well; remove the soft crumbs from crisp rolls. Fill with the prepared chicken; place in the oven until hot and serve garnished with parsley and olives. There is no butter needed in this recipe except the two tablespoonfuls used in the filling for rolls. The crumbs I use for a pudding or brown for future use.

Fruit Salad.

	Cost.
2 bananas	\$0.0416
2 apples	.0200
2 oranges (30c dozen).....	.0500
4 slices pineapple.....	.0400

Total\$0.1516

Dressing for Salad.

	Cost.
2 egg yolks.....	\$0.0400
½ c vinegar.....	.0125
½ c pineapple juice (from above)	.0000
1 T cornstarch.....	.0002
1 t mustard.....	.0083
½ t salt.....	.0001
1 head lettuce.....	.0500
Gas, ten minutes.....	.0019

Total\$0.1130

Mix the cornstarch, mustard, salt and syrup, then add well beaten egg yolks and vinegar, cook in double boiler ten minutes, and add juice. When cool pour over fruit. Serve on lettuce leaves.

Angel Food.

	Cost.
2 eggs, whites only.....	\$0.0400
1 cup milk.....	.0268
2-3 c sugar.....	.0278
1 c flour.....	.0141
3 t baking powder.....	.0063
¼ t salt.....	.0001
Gas, 30 minutes, low.....	.0127

Total\$0.1278

Scald the milk in double boiler, sift the flour and baking powder four times with the sugar and salt; add milk, stirring as little as possible. Add whites of eggs, beaten stiff, bake in slow oven in ungreased pan. This is a delicious cake and is economical.

Pineapple Sherbet.

	Cost.
1 can pineapple (grated).....	\$0.2500
½ c Karo syrup.....	.0938
2 lemons (juice).....	.0416
4 eggs (whites only).....	.0800
3 pints cold water.....	.0000

This makes 2½ quarts.....\$0.4654

Mix the pineapple, syrup, lemon juice and water together, lastly the whites of eggs beaten stiff, freeze and serve with angel food.

Total Costs.

Chicken rolls	\$0.6699
Fruit	.2646
Angel food	.1278
Pineapple sherbet	.4654

Total cost to serve 10 people.....\$1.5277

Or only 15 1-3 cents each.

—Mrs. G. Spencer, 1360 East Davis st.

PICNIC LUNCH BY MRS. WILLIAMS.

Before one can plan upon a picnic lunch, the time, the place and the company should be given great consideration. In my lunch I shall plan for 10 adults off for a day of pleasure at some mountain stream. Fish must be caught and can be fried or roasted on a wire before the fire. Three loaves home-made bread, ½ pound butter, two glasses of jelly, one pint home-made pickles, one pint olives, two quarts of baked beans, taken in the pan in which they were baked, and this reheated in a hole in the ground where a fire has been; two green currant pies, two quarts potato salad, ½ pint cream, 1½ cups extra fine ground coffee. Take also salt, pepper and lettuce leaves to cover paper plates. This will keep your plate clean for the various courses. You will also need paper napkins, sugar, one frying pan, one small can Crisco or olive oil to fry your fish.

Coffee at a Picnic.

Dig a hole in the ground about six to eight inches deep and dig an opening to this hole on one side for a draught. Now place some flat rocks around the upper edge and set a pail half full of water on the stones, build your fire and the water will boil in a few minutes. Have 15 tablespoonfuls coffee in a cheese cloth bag, put in coffee pot, pour on boiling water and let stand over the fire five minutes. This will make 20 cups of strong coffee.—Mrs. W. W. Williams, 1411 Rodney avenue, city.

(Mrs. Williams did not price her recipes, so I will not try to do so.)

Holiday Menus

War Holiday Dinner Menus

To Serve Six People, a "Company Dinner," for Not Over 50 Cents Each, or \$3 for the Whole Dinner.

Requirements—Every item, including fuel, must be priced, with recipes for each item of food on the menu, except such things as celery, oranges, etc., which are served as they are, without any additions to their cost. Pickles, jelly, etc., "put up" at home, priced just half what the same amount of the best quality of that item sells for at your grocery. We require a soup, a meat, with white potatoes and at least one other cooked vegetable, a salad, a dessert, coffee and nuts or fruit. (No candies this year.) Please remember above all things that this is a War Thanksgiving, and do not use the meats our government wants conserved, but use any of the meats or meat substitutes we spent the whole month of October upon. Fish or sea food of any kind, any kind of wild game or poultry except turkey, which we agreed not to have, as too expensive. Why not have some of our delicious raisin brown bread?

Challenge every item in your old standby recipes for sugar and fats. "Save the fats!" "Save the sugar!" If you can't, and use that recipe, look up some other recipe and make something else this year. We are going to have four prizes this week on this work.

Our First Prize, for the best conservation menu, in which each and every item of each and every recipe in the whole menu meets Mr. Hoover's requests of us.

Second Prize—For the second best menu, as in the first prize.

Third Prize—For the menu that gives the most and best food, with the most courses and little extras, for the money.

Fourth Prize—For the second best menu, as in the third prize,

Our Menus.

Here are many holiday menus, all "good enough to eat," cooked as our experienced home cooks know how to cook them to beat the world. A dainty and pampered appetite may prefer an expensive hotel dinner, but as for me, and ninety-nine men out of a hundred will agree with me, no holiday dinner was ever so good as the one cooked by the dear home people, each item chosen to please some one of us particularly, and every single thing cooked, flavored with love and good will for

the dear ones who were to eat it. I believe there is a spiritual quality in such food, that is lacking in much of our modern rushing life.

First Prize—For the best conservation menu, in which each and every item of each and every recipe in the whole menu meets Mr. Hoover's requests of us. This was won by Mrs. W. W. Williams, 1411 Rodney avenue, city, with the following menu:

MENU BY MRS. WILLIAMS.

Cream of Clam Soup with Wafers
Mustard Pickles Beet Relish
Croppie Sauted on Lettuce
Roast Chicken
Bread Stuffing Giblet Gravy
Sweet Peach Pickles Currant Jelly
White Potato Balls
Baked Squash, Stewed Onions
Biscuits Butter
Apple Salad with
Wafers Mayonnaise Dressing
Oregon Prune Pie
Raspberry Jello with Cream Dressing
Small Cakes
Nuts Raisins
Crystalized Grapes
Coffee

Cream of Clam Soup.

	Cost.
Carrots, 1 oz.	\$0.0019
Flour, 1 T.	.0009
Onion	.0019
Cabbage heart	.0000
Celery tops	.0000
Juice ½ pint clams.	.0200
Parsley	.0000
Salt, 1 t.	.0003
Pepper, ¼ t.	.0010
Potato water, 1 cup.	.0000
Butter, 1 t.	.0032
Milk	.0350

\$0.0642

Put the vegetables through the meat grinder. Pour over them 1 pint of boiling water and let boil till tender. Add salt and pepper. Strain, add one cup potato jelly. Drain your potatoes into a dish. When well settled pour off top and use the bottom or thick part in your soup. One cup clam juice that you canned when clams were 15c a dozen, one dozen clams to the quart. You may use the minced clams in croquets next day. Add 1 cup boiling milk, flour mixed in butter, and last the minced parsley. Let come to a boil and serve hot in cups.

Beet Relish.

	Cost.
1 large beet	\$0.0100
Baked in oven day before, cut very fine, seasoned with vin- egar from mustard pickles..	.0000
Six lettuce leaves (garden)....	.0100
6 wafers	.0120

\$0.0418

Place lettuce leaf on small plate
lay on fish on each plate with tea-
spoonful of beet relish and one wafer.

Croppie.

	Cost.
Croppie caught in Columbia slough	\$0.0000
1 T Crisco	.0087
Salt, $\frac{1}{4}$ t.	.0001
Pepper, $\frac{1}{8}$ t.	.0010

\$0.0098

Roast Chicken.

	Cost.
4 lbs. chicken	\$0.7600
Dressing—	
2 c bread crumbs	.0300
1 t salt	.0003
$\frac{1}{2}$ t pepper	.0020
1 onion (1-3 c)	.0056
1 t sage	.0083
2 T butter	.0312

\$0.8104

For Outside of Fowl—

1 t salt	.0003
$\frac{1}{8}$ t pepper	.0020
1 T flour	.0009

\$0.8136

Moisten bread crumbs and season-
ing with cold water. Fill the cavity
in the fowl and sew up with a string.
Place fowl in roasting pan, add one
cup hot water, cover the roasting pan
and let bake 3 hours. Make brown
gravy after taking up the fowl, using
the boiled and chopped giblets and
the stock they were boiled in.

Pickles.

	Cost.
Sweet peach pickles	\$0.1000
Mustard pickles	.0200
(Both home made.)	

Currant Jelly.

1 glass	0.0500
(Made without fuel.)	

Potato Bars.

	Cost.
Potato 4 c mashed	\$0.0464
1 T butter	.0156
1 t salt	.0003
$\frac{1}{4}$ t pepper	.0020
1 egg	.0500
$\frac{1}{2}$ c bread crumbs	.0075

\$0.1218

Mold potatoes into balls size of egg.
Dip in beaten egg, then in bread
crumbs. Place on pan and leave in
oven 30 minutes or until well
browned.

Baked Squash.

	Cost.
3 lbs. squash	\$0.0600
1 T butter	.0156
1 t salt	.0003

\$0.0759

Stewed Small White Onions.

	Cost.
$1\frac{1}{2}$ pt.	\$0.0000
These onions I canned last sum- mer from onions I had to thin from the onion bed.	

Biscuit.

	Cost.
2 c flour	\$0.0282
2 T Crusto	.0312
1 t salt	.0003
2 t baking powder	.0072
Milk	.0350

Makes 14 biscuits for.....	\$0.1019
6 oz. butter	.0963

Apple Salad.

	Cost.
Apples (red)	\$0.0360
Celery ($\frac{1}{4}$ bunch)	.0350
Nuts, wild filberts	.0000

Take the centers out of apples, chop
fine. Chop the celery very fine. Put
the nuts through the grinder. Cover
with mayonnaise dressing, stir and
fill the apple shells. Place on lettuce
leaf and serve.

Mayonnaise Dressing.

	Cost.
Yolk of 1 egg	\$0.0250
Wesson oil, $\frac{1}{2}$ c.	.0450
1 T vinegar	.0016
Pinch of salt and pepper, 1 t sugar	.0009

\$0.1435

Oregon Prune Pie.

	Cost.
$\frac{3}{4}$ c flour	\$0.0105
$\frac{1}{4}$ t salt	.0001
2 T Crusto	.0312

\$0.0418

	Cost.
Canned—	
2 c fruit (byproduct.)	\$0.0200
1 sugar	.0417
$\frac{1}{4}$ t seasoning cinnamon.....	.0020

\$0.0637

Crust as above 0418

\$0.1055

(Baked with open face or no upper
crust.)

Raspberry Jello.

	Cost.
1 package raspberry Jello.....	\$0.0850
1 pt water	.0000

\$0.0850

Pour in six jelly molds the day be-
fore using.

Substitute for Cream.

	Cost.
Apple	\$0.0150
Egg, 1 white	.0250
Sugar, $\frac{3}{4}$ cup.....	.0312

Total \$0.0712

Grate the apple and put it into a
quart dish. Put in the white of egg
unbeaten. Add sugar. Beat with
spoon 20 minutes. The bowl should
be full. Turn out the Jello on pretty
dishes. Place cream in a circle
around Jello. Serve.

Small Cakes.

	Cost.
1 c sugar	\$0.0417
1/2 c Crusto	.0600
1/2 c water	.0000
2 t baking powder	.0042
1 egg	.0500
2 c flour	.0282
1/4 t salt	.0001
1 T cornstarch	.0016
Total	\$0.1858
6 walnuts (12 half meats).....	.0400
Total	\$0.2258
Place 1/2 walnut on 12 cakes. Bake.	
6 cakes for dinner.....	\$0.1129

Crystallized Grapes.

Grapes, 1 pound	\$0.0750
To crystallize—	
1 c sugar	.0417
2 T water	.0000
Total	\$0.1167
Boil to hard boil stage. Pour over fruit and nut meats. Stir around until all are well covered. Set aside to cool.	

Coffee.

	Cost.
1 1/2 quarts water	\$0.0000
1/4 lb. coffee (32c per lb.).....	.0800
1/2 egg shell	.0000
Total	\$0.0800
Cream, 1 c off of bottle.....	.0268
4 T sugar	.0104
Total	\$0.1172
Planned for 8 cupfuls of coffee.	

Summary.

	Cost.
Clam soup	\$0.0642
Beet relish	.0418
Home-made mustard pickles...	.0200
Croppie fish	.0098
Roast chicken	.8136
Currant jelly	.0500
Sweet peach pickles.....	.1000
Potato balls	.1218
Baked squash	.0759
Stewed small onions.....	.0000
Biscuit	.1019
Butter	.0963
Apple salad with mayonnaise dressing	.1435
Oregon prune pie	.1055
Raspberry Jello	.0850
Substitute for cream.....	.0712
Small cakes	.1129
Crystallized grapes	.1167
1 pound walnuts.....	.1250
Raisins	.1000
Coffee, cream and sugar.....	.1172
Total	\$2.4525
3 hours wood.....	.1020
Total cost	\$2.5545

It is not fair to charge full cost of wood to cooking, as I use the range to heat lower floor at home.—Mrs. W. Williams, 1411 Rodney avenue.

Second Prize.

For the second best menu, as in the first prize. This was won with the following

MENU BY MRS. METZGER.**Vegetable Soup.**

Celery.	Saltines.	Picalilli.
Creamed Salmon with Turkish Pilau.		
Roast Chicken with Brown Gravy.		
Bread Dressing.		
	Cranberry Sauce.	
	Baked Potatoes with Cheese.	
	Creamed Cauliflower.	
White Bread.	Raisin Brown Bread.	
	Butter.	
	Banana and Walnut Salad.	
	Apple Pie with Whipped Cream.	
	Stuffed Dates.	Coffee.

Vegetable Soup.

	Cost.
2 c carrots, diced.....	\$0.0300
1 c onions, diced.....	.0250
1 c potatoes, diced.....	.0125
2 c cabbage, diced.....	.0183
1 c turnips, diced.....	.0125
1 c tomatoes, diced.....	.0267
2 t salt.....	.0006
3 quarts water.....	.0000
2 hours very low gas simmer-	
ing)	.0080

4 quarts soup cost.....\$0.1341
One quart costs 3 3/4 cents and 1 cupful less than 1 cent.

Prepare and dice all of the above vegetables. Put in a kettle and cook slowly; it may be cheaper to buy the canned beans.

The above recipe with a salad makes a complete meal, hence is very economical. One cupful costs 1 cent, six cupfuls cost 6 cents.—Mrs. Taylor.

Steamed Salmon with Turkish Pilau.

	Cost.
2-lb. salmon	\$0.3000
1 T salt.....	.0008
1/2 c rice.....	.0156
2 c stock.....	.0500
1 c strained tomato.....	.0267
1/2 t salt.....	.0002
1/2 t pepper.....	.0010
Parsley to garnish.....	.0000
Gas to steam salmon, 30 min..	.0057
Gas to cook rice, 30 minutes..	.0057

Serves 6 people.....\$0.4057

About 6 2-3c per portion.... .0676

Rub the salmon with salt, and steam until tender. Cook the rice in the stock. When all is absorbed add the tomato. Add the salt to the rice

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while cooking, and the pepper with the tomato. Lift the salmon to the serving platter. Heap the rice about it and garnish with parsley. Since we have chicken for the main meat dish, I think that half portions would be plenty. Six half portions cost \$0.2028.

Roast Chicken.		Cost.
4-lb. chicken		\$1.0000
1 T salt, to rub over.....		.0008
1 T flour, to thicken gravy....		.0009

Dressing.		
2-3 loaf stale bread, cut fine..		.0333
1 T chopped onion.....		.0010
1 t salt.....		.0003
$\frac{1}{2}$ t pepper.....		.0010
$\frac{1}{2}$ t sage.....		.0020
Warm water to moisten.....		.0000

Total\$1.0393
Mix the dressing thoroughly and stuff the prepared chicken. Roast tender in a covered roaster, then take off the cover and brown before serving. Garnish with parsley. Thicken the drippings in the roaster, adding a little water if needed, and serve the gravy separately.

Cranberry Sauce.		
Cranberries		\$0.0500
1 c sugar.....		.0417

Enough for six.....\$0.0917

Baked Potatoes With Cheese.		
6 medium potatoes, 3 lbs.....		\$0.0600
1 t salt		.0003
$\frac{1}{8}$ t pepper.....		.0010
$\frac{1}{2}$ c milk		.0134
$\frac{1}{2}$ t grated cheese.....		.0096

\$0.0843

Bake 6 medium sized, smooth, potatoes, and when mealy slice off one side. Scoop out and mash the potato. Replace in the shells. Sprinkle 1 t grated cheese on top of each and return to the oven for 10 minutes, before serving.

Creamed Cauliflower.		Cost.
1 head cauliflower.....		\$0.1000
2 T salt.....		.0016
1 pt. milk.....		.0535
1 T flour		.0009
1 T butter		.0156
Gas, simmering $\frac{1}{2}$ hr.....		.0020

Cost\$0.1726

Cut all the waste from the cauliflower and lay head downward in cold salt water for one hour to make sure there are no snails or worms in the vegetable. Put the cauliflower on to cook in boiling water with one tablespoonful of salt; boil from 25 to 30 minutes; drain; take one pint of milk, thicken with one tablespoonful of flour stirred smooth in a little milk, add one tablespoonful of butter; pour over cauliflower and serve.—Mrs. Spencer.

Adding 1 t salt to season the white sauce this recipe costs.		\$0.1726
1 t salt.....		.0003
		\$0.1729

Raisin Brown Bread.

Here is the brown bread, add the raisins extra.

		Cost.
2 c cornmeal.....		\$0.0566
1 c flour.....		.0145
1 c sweet milk.....		.0268
1 c sour milk.....		.0063
$\frac{1}{2}$ c molasses.....		.0242
$\frac{1}{2}$ t soda.....		.0010
1 t baking powder.....		.0036
1 T lard.....		.0088
1 t lard for greasing.....		.0029
Wood fire, 3 hrs. (1-3 use)....		.0286

Cost of bread	\$0.1733
2-3 c raisins.....	.0500

2 loaves cost\$0.2233
1 loaf costs......1116
Turn into greased baking powder cans and steam three hours while cooking.

Banana and Walnut Salad.

		Cost.
3 bananas (large), 25c doz....		\$0.0624
$\frac{1}{2}$ c walnut meats, 30c lb.....		.0625
1 c salad dressing (homemade) ..		.0743

Cost to serve 6 persons.....\$0.1992
Or $3\frac{1}{2}$ cents each.

Slice the bananas lengthwise and place them on lettuce leaves. Put a tablespoonful of dressing over each and sprinkle over with chopped nuts (the same salad dressing as I used on Minnehaha salad).—Mrs. G. Spencer.

Mayonnaise Dressing.

		Cost.
1 c Wesson oil		\$0.0906
1 egg		.0400
1 t salt.....		.0003
1 t mustard		.0083
$\frac{1}{2}$ t paprika.....		.0062
2 T vinegar.....		.0032

Total\$0.1486
Mix dry ingredients, add egg, then vinegar and oil alternately, beating vigorously with egg beater.—Mrs. G. Spencer.

Salad costs	\$0.1992
1 head lettuce (3 for 10c)....	.0333
1-3 c of mayonnaise dressing..	.0495

Salad total\$0.2820

Apple Pie.		Cost.
2 c flour		\$0.0282
2-3 c Crisco.....		.0925
$\frac{1}{2}$ t salt.....		.0001
$\frac{1}{4}$ c cold water.....		.0000
6 medium apples.....		.0400
$\frac{1}{2}$ c sugar.....		.0208
$\frac{1}{4}$ t cinnamon.....		.0020

Cost	\$0.1836
Whipping Cream	.1000
1 T sugar	.0026

\$0.2862

Will make a large, deep pie, easily cut into 6 good portions.

Coffee.

1-6 lb. (12 T) coffee at 30c lb.	\$0.0500
Cream	.0500
12 t sugar.....	.0108
Cost	\$0.1108

Stuffed Dates.

	Cost.
½ package dates (12).....	\$0.0750
¼ lb. nuts to stuff.....	.0625
Powdered sugar to roll.....	.0052
	\$0.1427

Total Costs.

Vegetable Soups	\$0.0600
6 saltines	.0240
Home canned picallili.....	.0500
Celery hearts	.1000
Steamed salmon with Turkish Pilau	.2028
Roast chicken with gravy and dressing	1.0393
Cranberry sauce	.0917
Baked potatoes with cheese...	.0843
Creamed cauliflower	.1729
½ loaf white bread.....	.0500
1 small loaf raisin brown bread	.1116
Butter	.1000
Banana and walnut salad....	.2820
Apple pie with whipped cream	.2862
Coffee, 1-6 lb.....	.0500
Sugar, 12 t	.0108
Cream	.0500
Stuffed dates	.1427
Wood heat, 3 hrs.....	.0058
Parsley to garnish meat.....	.0000
Total	\$2.9941

—Mrs. W. E. Metzger, 929 Pacific st.

Third Prize—For the menu that gives the most and best food, with the most courses and little extras, for the money, was won by the following

MENU BY MRS. RINGO.

Consomme a la Royale	Croutons.
Celery.	Mixed Sweet Pickles.
Chicken en Casserole	Giblet Gravy.
Mashed Potatoes.	Scalloped Corn.
Currant Jelly.	
Prune Salad	Whipped Cream Dressing.
Saltines.	
Mock Lemon Pie.	
Raisins.	Coffee. Mixed Nuts.

Consomme a la Royale.

	Cost.
1 egg	\$0.0400
6 c stock	.1200
1 t salt	.0003
½ t onion juice	.0001
½ t pepper	.0041
Gas, oven 15 min. (½ use).....	.0032
	\$0.1677

Beat egg and add salt, pepper and onion juice. Pour into small cup and place in pan of hot water and cook until set. Turn out and cut into dice and serve in the hot stock. Croutons are made by toasting stale bread cut into cubes.

Chicken en Casserole.

	Cost.
4 lbs. hen	\$1.0000
1 T flour	.0009
½ c lard	.0750
1 t salt	.0003
Gas to fry ½ hour.....	.0057
1 c milk	.0263
1 c water	.0000
Gas 2 hours in oven.....	.0510

Cost to serve six\$1.1597
Or 19 1-3 cents each.

After washing and drawing the hen, joint it, roll in the flour and fry a golden brown, salt it. Put the remaining drippings away for gravy next day. Place the pieces of chicken in a casserole or baking dish, pour the milk over and add water, if necessary, to cover. Simmer in oven two hours and serve in same dish. There will be gravy from the milk, to which add the cooked, chopped giblets.

Mashed Potatoes.

	Cost.
3 lbs. potatoes	\$0.0600
2 t salt	.0006
½ c whole milk	.0134
Gas, 15 min.....	.0029
	\$0.0769

Scalloped Corn.

	Cost.
1 can corn	\$0.1500
4 crackers	.0160
½ c rich milk	.0134
1 t salt	.0003
¼ t pepper	.0020

Cost\$0.1817

Put the corn, seasoning and crushed cracker crumbs in a baking dish and pour the milk over top. This is baked in the oven with the chicken and takes no extra fuel.

Prune Salad.

	Cost.
¼ lb Oregon prunes.....	\$0.0375
¼ c nut meats	.0312
1 head lettuce	.0500

Cost\$0.1187

Wash and soak prunes until tender. Pit and stuff with walnuts. Shred the lettuce. Make a nest and put even number of prunes in. Serve on individual plates with dressing and pass saltines.

Whipped Cream Dressing.

	Cost
½ c cream, whipped.....	\$0.0500
1½ T sugar	.0039
1 T lemon juice	.0125
½ t mustard	.0041
	\$0.0705

Whip the cream stiff and fold in other ingredients.

Mock Lemon Pie.

	Cost.
3 apples	\$0.0300
1 lemon (juice and rind).....	.0250
1 c sugar	.0417
1 egg	.0400
1 T butter	.0156

\$0.1523

Slice the apples, beat the egg well, pour it over the apples. Sprinkle on the sugar. Melt the butter and pour over top of all.

Pie Crust.

	Cost.
1½ c flour	\$0.0211
½ c Crisco	.0694
1 t salt	.0003
Water to mix	.0000

\$0.0908**.1523****Total****\$0.2431**

Cut the Crisco into the flour that has been sifted with the salt. Make into top and bottom crust. This is baked at the same time the chicken is, also.

Totals.

	Cost.
Consomme	\$0.1677
Croutons	.0150
Chicken	1.1597
Potatoes	.0769
Corn	.1817
Salad	.1892
Pie	.2431
Saltines	.1000
Jelly (home-made)	.0500
Pickles	.0750
Celery	.0500
Bread, ½ loaf	.0300
Butter	.0938
Raisins	.1500
Coffee	.0500
Cream	.0500
Nuts	.2500

\$2.9321

—Mrs. J. L. Ringo, 790 East Ankeny street, city.

Fourth Prize—For the second best menu, as in the third prize, was won with a special commendation for the small amount of butter used in her recipes by the following

MENU BY MRS. ROBERTS.**Clam Nectar**

Salted Wafers Pickles

Panned Chicken

Mashed potatoes, creamed cauliflower

Cranberry and raisin jelly

Mock shrimp salad, boiled dressing

Pumpkin caramel

Salted wafers

Cheese

Coffee

Clam Nectar.

	Cost.
3 lbs. little neck clams.....	\$0.1500
1 quart milk.....	.1300
1 oz. butter	.0312
Gas oven, 20 minutes	.0085

\$0.3197

Wash clams in two or three waters to remove all sand, put in pan, add ½ cup of boiling water, cover closely, bake 15 or 20 minutes. When all are opened let cool, cut off necks, removing the meat and all the liquid, heat quart of milk to the boiling point, add the clams and liquid, let come just to a boil, serve in cups or soup plates with a small piece of butter added the very last thing. Salted wafers, two for each person.

Panned Chicken.

	Cost.
5 lb. hen, 25c lb.	\$1.2500
½ c canned milk, 12½c per can ..	.0625
½ c flour	.0070
1 T salt	.0008
¼ t pepper	.0020
Gas 2 hours in oven	.0510

\$1.3733

Get a nice fat hen (yellow meat), weighing about 5 lbs., clean thoroughly, dissect and flatten as for frying. Sprinkle with salt and pepper, dredge with flour, sear in hot drippings, add one pint of boiling water, turn all into a roasting pan, dot with pieces of fat from chicken, cover closely, bake in slow oven two hours. Don't have less than 1½ cups of liquid remaining when finished cooking. When ready to serve remove chicken to hot platter, thicken liquor with two tablespoonfuls of flour. When boiling add ½ cup of canned milk, keep hot, but don't boil. Strain and you will have a smooth, rich gravy. Pour a little over chicken, garnish with parsley.

Mashed Potatoes.

	Cost.
3 lbs. potatoes	\$0.0600
1 T. of salt	.0008
½ c canned milk	.0625
Gas	.0035

\$0.1268

Peel and cut in small pieces 3 lbs. potatoes. Cover with boiling water, add salt, boil till tender, drain, dry, mash. Add ½ cup canned milk and beat to a cream.

Creamed Cauliflower.

	Cost.
½ cup canned milk	\$0.0625
1 cauliflower (wash well)	.1500
1 T salt	.0007
Gas	.0023

\$0.2156

Cut the cauliflower in not too small pieces, put in boiling water, cook about 20 minutes, or until tender,

drain off, save the water, keep hot. When ready to serve add $\frac{1}{2}$ cup of canned milk, heat but don't boil.

Cranberry and Raisin Jelly.

	Cost.
1 quart cranberries	\$0.2000
$\frac{1}{2}$ lb. raisins	.0750
1 c sugar	.0417
$1\frac{1}{2}$ c water	.0000
Gas 20 minutes	.0023
	<u>\$0.3190</u>

Wash the cranberries and pick over carefully. Cook with the raisins in $1\frac{1}{2}$ cups of water until they are soft, about 10 minutes. Rub through a fine sieve, add 1 cup of sugar, boil 10 minutes, pour into a mold, which has been dipped in cold water and set aside to harden. When ready to serve turn out onto a round, flat dish. Decorate with sprigs of holly or a wreath of cranberry and sprigs of parsley.

Mock Shrimp Salad.

	Cost.
1 large head lettuce.....	\$0.0500
2 large carrots	.0200
1 small onion.....	.0100
2 celery hearts	.0300
	<u>\$0.1100</u>

Crisp head lettuce in cold water, drain and dry, using outside leaves to serve salad on. Shred lettuce, mince 1 onion, grate 2 large carrots, cut celery hearts into small pieces. Put all but the carrots in cold water until ready to mix, then drain in a wire basket or a coarse towel and shake out all the water. Mix carrots and all with boiled dressing. Toss with a fork and serve immediately.

Boiled Dressing.

	Cost.
1 t flour	\$0.0003
1 egg	.0400
$\frac{1}{4}$ c vinegar	.0062
1 T sugar	.0026
2 T Coleman's mustard, dry ..	.0076
Pinch salt	.0001
A few grains red pepper	.0001
$\frac{1}{4}$ c water	.0000
Gas, 5 min	.0050
	<u>\$0.0619</u>

One egg well beaten, add dry ingredients, mix flour and mustard in one-quarter cup of water, heat vinegar to boiling, mix all together and cook three minutes. Cool and mix as directed.

Pumpkin Caramel.

	Cost.
1 c milk.....	\$0.0268
1 egg	.0400
1 T flour.....	.0009
1 T vanilla.....	.0875
1 c brown sugar.....	.0417
1 R c strained pumpkin.....	.0300
Total	<u>\$0.2269</u>

Beat 1 egg separately, mix the yolk with 1 tablespoonful flour, 1 tablespoonful vanilla, 1 cup of brown sugar, a pinch of salt and 1 cupful of canned pumpkin; heat milk (one cup), add all to heated milk and cook two or three minutes. Pour into serving cups or steamed glasses; beat the whites of egg, mix 1 teaspoonful of powdered sugar and spread over the caramel in the glasses; decorate with cherries or nuts.

Cheese Delight.

	Cost.
Nuts	\$0.0500
Cheese	.1500
Catchup	.0200
Total	<u>\$0.2200</u>

Mash a small piece of cheese, add 4 tablespoonfuls catchup (home-made); when thoroughly blended roll into small balls, roll in boiled dressing and then in chopped nuts; make a small incision in each, using a toothpick, and insert strips of green pepper to represent stems; arrange two or three in small nests of crisp lettuce, serve salted wafers with these and black coffee. I hope some of you will try this menu. I am sure your guests or family will thank you.

I use canned milk in cooking, as it takes the place of butter and is cheaper; also imparts a flavor the other milk doesn't give.

Detail of Cost.

	Cost.
Clam nectar	\$0.3197
Panned chicken	1.3733
Mashed potatoes	.1268
Creamed cauliflower	.2156
Cranberry and raisin jelly....	.3190
Mock shrimp salad.....	.1100
Salad dressing	.0619
Pumpkin caramel	.2269
Cheese delight	.2200
Bread	.0600
Butter	.0936
Coffee	.0500
Sugar	.0078
Total	<u>\$3.1846</u>
Cheese delight omitted.....	.2200
Total cost	<u>\$2.9646</u>

—Mrs. W. S. Roberts, 1310 Clay street.

(Mrs. Roberts' recipes cost a little more than she figured, so we have to leave out her cheese delight, but I'm absolutely sure that it is the best thing that could happen to the people who are to eat all those other delicious things she cooks, as we don't want to kill our friends by kindness, but let them stop in time so they "will live to eat another day.")

The Telegram Sent by Mail for 50c Per Month,
\$2.75 for Six Months and \$5 for Twelve Months

MENU BY MRS. WELCH.

Vegetable Soup.	
Mock Turkey with Dressing.	
Cranberry Sauce.	
Sweet Potatoes au Caramel.	
Mashed Potatoes.	
Creamed Little Onions.	
Bread.	Butter.
Apple and Celery Salad.	
Pumpkin Pie.	
Walnuts.	Raisins. Coffee.

Mrs. Welch says: Herewith is my Holiday menu, as per your request. My mock turkey was Mrs. W. S. Roberts' recipe and price as given. A few of the walnuts are to be chopped and put on the salad when ready to serve, which is put on individual dishes and served from lettuce leaves. I will enclose recipes for:

Vegetable Soup.	Cost.
Soup bone	\$0.1000
1 c tomatoes.....	.0332
1 carrot	.0083
1 onion	.0020
1 slice cabbage (or 1 stalk celery)	.0071
2 potatoes	.0100
½ c rolled oats.....	.0250
Parsley	.0000
Gas simmer, 5 hours.....	.0200

2½ quarts or 10 cups.....	\$0.2056
Six cups cost.....	.1234

Mock Turkey and Dressing.

	Cost.
4 or 5 lbs. veal, loin or leg, at 15c lb.	\$0.7500
¼ lb. bacon.....	.1100
1 t salt.....	.0003
½ t pepper.....	.0010
1 lemon	.0200
1 t sage.....	.0083
3 onions (1c).....	.0250
1 c milk for gravy.....	.0268
1 T flour.....	.0009
1 quart water.....	.0000
Gas for 2 hours.....	.0228

Total\$0.9651

Rub meat on all sides with salt and pepper and a very little sugar. Pour over the juice of one lemon, dredge well with flour, cover with the sliced onions, put strips of bacon on top and add the water. Don't let it get dry; keep adding hot water so as to have a cup or so remaining when finished. Make a plain bread dressing seasoned with onion and sage, salt and pepper to taste. Set in pan with roast the last half hour and baste with gravy. The roast should be cooked tender in about two hours. Add one cup milk to gravy and thicken.—Mrs. W. S. Roberts.

Mashed Potatoes.

	Cost.
3 lbs. potatoes.....	\$0.0600
1 T salt.....	.0008
¼ t pepper.....	.0008
½ c milk.....	.0134
1 T butter.....	.0156
Gas, 20 minutes.....	.0038
Total	\$0.0957

Sweet Potatoes au Caramel.

	Cost.
2 lbs. sweet potatoes (boiled) ..	\$0.0800
2 T flour.....	.0018
2 T cinnamon.....	.0166
4 T butter.....	.0624
4 T sugar.....	.0104
Gas for cooking.....	.0038

Baked at time with roast...\$0.1750

Cut the potatoes in long strips; lay in a baking dish that can be sent to the table, dredging with flour and cinnamon. Dot with the butter cut in bits; sprinkle with the sugar and pour over all a cup of hot water. Bake till brown.

Creamed Little Onions.

	Cost.
2 lbs. onions	\$0.0666
1 pt. milk	.0535
1 T butter	.0156
½ t salt	.0001
½ t pepper	.0021
1 t flour	.0009
Gas, 45 min.....	.0085

Cost\$0.1473

Boil the onions till tender. Make a cream sauce of the butter, flour and milk, and pour over them. Season with salt and pepper.

Bread.

	Cost.
2 T sugar	\$0.0052
1 T salt	.0008
2 mashed potatoes	.0100
1 qt. potato water.....	.0000
3 qts. flour	.1689
1 yeast cake	.0100
Gas, 45 min.....	.0220

Cost for 4 loaves.....\$0.2169
Or \$0.0542 each.

Make sponge at supper time of the potatoes, salt, sugar, potato water; add yeast cake when lukewarm and about one quart of flour. Beat thoroughly. In the morning add the remainder of the flour and mix well; let double in bulk; mix down once, then when it is again light make into four loaves; let double in bulk, and bake 45 minutes.

Holiday Salad.

	Cost.
2 c celery hearts	\$0.0800
2 c nice tart apples.....	.0500

Cost\$0.1300
Chop just before serving.

Salad Dressing.

	Cost.
2 egg yolks (1 egg).....	\$0.0500
2-3 c sugar	.0278
1 T flour	.0009
1 t mustard	.0083
1 t salt	.0003
1 c vinegar	.0250
1 T butter	.0156
Gas, 15 min.....	.0028

Cost	\$0.1279
Half quantity	.0639
Salad dressing	.0639
Salad	.1300
Lettuce leaves	.0100
Top milk	.0200
Gas to cook	.0028

Total cost\$0.2267

Mix all dry ingredients; add the egg yolks and beat thoroughly; lastly add vinegar and butter, and cook until thick in double boiler. Thin with cream when ready to use.

Cranberry Sauce.

	Cost.
1 qt. cranberries	\$0.1500
2 c sugar	.0834
1 pt. water	.0000
Gas, about 40 min.....	.0016

Cost\$0.2380

Wash berries, then put on fire with water, in a covered saucepan; let simmer until each one bursts open; then remove the cover; add the sugar and let all boil about 20 minutes without the cover. Do not stir from the first.

Crust for 3 Pies (6 Crusts).

	Cost.
1 c lard	\$0.1500
3 c flour	.0432
1 t salt	.0003
Water to moisten.....	.0000

Total\$0.1935

One crust costs \$0.0322.

Pumpkin Pie.

	Cost.
1¼ c pumpkin (from garden).....	\$0.0000
2 eggs	.1000
½ c sugar	.0208
½ t cinnamon	.0041
½ t nutmeg	.0065
¼ t salt	.0001
1 c milk	.0268
1 crust	.0322

Bake with roast.....\$0.1905

(I think the pumpkin should have been priced.)

When serving, a little sweetened and flavored whipped cream on each portion of pie would give a result both unusual and delicious.

Cost of Menu.

	Cost.
Vegetable soup	\$0.1234
Mock turkey and dressing.....	.9651
Mashed potatoes	.0957
Sweet potatoes au caramel.....	.1750
Creamed little onions.....	.1473
Apple and celery salad.....	.2267

Cranberry sauce	.2380
1 loaf bread	.0542
3 oz. butter	.0938
Pumpkin pie	.1905
Walnuts	.2500
Fancy raisins	.2500
1-6 lb. coffee	.0500
Top milk of 1 quart.....	.0500
Sugar, 3 T.....	.0078

\$3.0670

Less nuts\$0.0700

\$2.9970

—Mrs. Lulu M. Welch.

(If we use cranberries we must have sugar to sweeten them, but why not substitute some of our delicious uncooked loganberry jam—which we made before Mr. Hoover asked us to "save the sweets"—or better yet, apple jelly made by boiling down apple juice until it jellies, without a particle of sugar. It is just as tart and delicious as the cranberry, and a change is always welcome. Don't have cranberry sauce this year.)

MENU BY MRS. MINARD.**Bouillon.**

Ripe Olives Celery

Roast Pork, with Brown Gravy

Baked Clear Apples

Mashed Potatoes Stewed Tomatoes

Bread Butter

Lettuce Salad, with Cheese Balls

Pumpkin Pie, with Mocked Whipped

Cream

Raisins. Nuts Coffee

Bouillon.

Cost.

1 lb. lean beef	\$0.1250
2 T minced carrots	.0020
Tops of celery used on table..	.0000
1 onion	.0010
2 T minced potatoes	.0012
1 T minced turnips	.0008
Parsley in garden	.0000
1 bay leaf	.0001
1 T salt	.0008
½ t-pepper	.0040

\$0.1341

(Let meat and vegetables simmer about 2½ hours. Strain and let cool, take off fat and heat as needed. Season as liked.)

Ripe olives	\$0.1000
½ pkg. saltines	.0750
Bunch celery hearts	.1000

Roast Pork.

Cost.

3 lbs. loin pork	\$0.9000
Flour for thickening and	
dredging	.0009
Salt, about 2 T	.0016
Pepper, ½ T	.0040

\$0.9065

Mashed Potatoes.

	Cost.
3 lbs. potatoes	\$0.0600
1 c milk	.0268
1 t salt	.0003
1/8 t white pepper	.0010
	\$0.0881

Stewed Tomatoes.

	Cost.
2 lbs. tomatoes (fresh)	\$0.1000
1 t salt	.0003
1/8 t pepper	.0010
1 T butter	.0156
	\$0.1169

Bread and Butter.

	Cost.
Loaf home-made bread	\$0.0600
1/4 lb. butter	.1250
	\$0.1850

Baked Clear Apples.

	Cost.
6 large red apples	\$0.0600
1 t butter	.0032
6 T sugar	.0156
1 T raisins	.0030
1 c sugar for syrup to pour over apples	.0417
	\$0.1235

Peel and core and cut into halves. Put in glass baking dish (or any kind). Place a raisin, tablespoonful sugar and dot of butter in each space. Pour over about 1/2 cup boiling water and bake about 15 or 20 minutes. Meanwhile take peelings, wash well, cover with cold water and cook until tender. Strain, take about half as much sugar as juice, cook until rather thick and pour over apples. Makes a delicious dish to serve with meat.

Lettuce Salad With French Dressing.

	Cost.
2 heads lettuce	\$0.0500
1 T minced onion	.0010
1/4 t white pepper	.0010
1/2 t salt	.0015
3 T Wesson oil	.0171
1 T vinegar	.0016
	\$0.0722

Cheese Balls.

	Cost.
1 c grated cheese	\$0.0750
1 T tomato catchup	.0125
1/4 t salt to taste	.0001
	\$0.0876

Mix well together and form into small balls and serve on plates with salad.

For salad take crisp part of heads, cut into shreds and pour on dressing. Let stand on ice or in a cool place about five minutes and serve.

Pumpkin Pie.

Crust for bottom of pie.

	Cost.
3/4 c flour	\$0.0036
Little salt	.0001
2 T compound	.0156

Total\$0.0193

Little cold water to roll out.

Pumpkin Filling for Pie.

	Cost.
1 c mashed pumpkin	\$0.0250
1 R t flour	.0002
1 egg (cooking)	.0400
3/4 c brown sugar	.0300
1/4 t ginger	.0020
1/2 t cinnamon	.0040
1/4 t allspice	.0020
1/2 t salt	.0001
1 c milk	.0268

Total\$0.1301

Mock Cream.

	Cost.
1 ripe banana	\$0.0250
1 white of egg (fresh) (1/2 egg)	.0250

Total\$0.0500

Slice a banana and beat with the white of egg until smooth. Add little sugar if liked.

Total Cost.

Bouillon	\$0.1339
Ripe olives	.1000
Celery	.1000
Roast pork with brown gravy	.9065
Mashed potatoes	.0881
Stewed tomatoes	.1169
Baked clear apples	.1235
Bread	.0600
Butter	.1250
Lettuce salad with cheese balls	.1598
Pumpkin pie with mock whipped cream	.1994
Raisins	.1500
Nuts	.2500
Coffee	.0500
Cream for coffee off of milk used for cooking	
Sugar for coffee 1/2 c	.0208
Heat for cooking everything about three hours with wood heat	.1020

\$2.6609

—Mrs. H. H. Minard, 1236 Division street, city.

(The first menu that has been so well inside the limit, but I wish you had not used pork, Mrs. Minard.)

For Straight-From-the-Shoulder Editorials Read
The Telegram's Editorial Page

MENU, BY MARY MORRISON.

Vegetable Soup, Salted Wafers.	
Dill pickles.	Celery.
Roast Duck with Celery Dressing.	
Giblet Gravy.	Grape Jelly.
Mashed Potatoes.	Boiled Carrots.
	Baked Squash.
Whole Wheat Bread.	Butter.
Combination Vegetable Salad with	
Sour Cream Dressing.	
Cheese Wafers.	
Apple Pie with Cheese.	Ice Cream.
Oranges. Bananas. Mixed Nuts.	
Coffee.	

Vegetable Soup.

	Cost.
2 c carrots, diced	\$0.0300
1 c onions, diced	.0250
1 c potatoes, diced	.0125
2 c cabbage, diced	.0188
1 c turnips, diced	.0125
2 c tomatoes, diced	.0267
2 t salt	.0006
3 quarts water	.0000
2 hours very low gas (simmering)	.0080

4 quarts soup cost.....\$0.1341
 1 quart costs 3¼ cents and 1 cupful less than 1 cent.

Prepare and dice all of the above vegetables. Put in a kettle and add the salt and water. Cook over a low fire for two hours.

Cost for 6	\$0.0488
12 salted crackers	.0480

Total

Roast Duck, Celery Dressing.

	Cost.
3-lb. duck	\$0.7500
1 T salt	.0008
2 c bread, 8 oz.	.0300
1 c celery, diced	.0143
½ c onion, chopped	.0083
½ t salt	.0001
1 T butter	.0156
2 T flour	.0018
Gas oven	.0318
Top burner, 5 minutes	.0009

To serve 6.....\$0.8536

Pick, singe, scrub and clean duck carefully. Save out giblets for use in gravy. Moisten bread crumbs with water, add other ingredients of dressing in order named, mixing thoroughly. Stuff the inside of duck and sew skin up carefully, tie wings across breast and tie neck. Rub over with salt and put in roasting pan in very hot oven. Within a half hour the duck should be a dark brown all over and enough liquid have come out into pan to use for basting. Cover and cook with medium heat for next three-quarters hour or until meat is well done and tender. Remove to a hot platter and make the gravy by adding the giblets, previously cut

small and boiled down tender, together with water in which they were cooked to the browned liquid in roasting pan. Thicken with flour and pour on platter with duck. Sprinkle over with chopped parsley just before serving.

Mashed Potatoes.	Cost.
3 lbs. potatoes.....	\$0.0600
1 T butter.....	.0156
2 t salt.....	.0006
½ cup milk.....	.0134
Gas, 15 min.	.0027

Cost

Pare potatoes, add salt, boil, drain, mash thoroughly, add butter and milk, beating in carefully. Pile on serving dish and dot with little of butter reserved for the purpose. Brown slightly in oven.

Baked Squash.	Cost.
Piece of Hubbard squash.....	\$0.0500
1 t salt	.0003
1 t butter	.0032

Wash the squash carefully. Sprinkle with salt and rub with slightly melted butter. Bake in oven one hour or until tender clear through to the rind. Cut into suitable sizes for serving. Have omitted cost of cooking as it will be in oven same time as duck.

To Cook Carrots.	Cost.
3 c sliced carrots.....	\$0.0450
1 T butter.....	.0156
½ t salt.....	.0001
1 t sugar.....	.0009
Parsley	.0000
Gas, 1 hour.....	.0114

Serves six at a cost of.....\$0.0730

Slice carrots, cover with cold water, add salt and sugar, let come to a boil, then cook slowly for an hour or until carrots are easily broken and water is nearly all out. Add butter and serve garnished with chopped parsley. Watch very carefully during latter part of cooking, as the sugar renders the carrots easily scorched.

White turnips, diced, may be cooked in the same way at practically the same cost.

It should be remembered that all such vegetables need soaking for at least two hours in cold water before cooking.—Mary T. Morrison, 752 Montgomery drive.

Wholewheat Bread.	Cost.
1 cake compressed yeast.....	\$0.0083
2½ pts. lukewarm water.....	.0000
1 qt. white flour.....	.0563
2 qts. graham or wholewheat flour	.1184
2 R t salt.....	.0012
4 R t sugar.....	.0072
Gas to bake 10 minutes.....	.0199

Four loaves cost.....\$0.2113
 Coast per loaf, 5¼ cents.
 Each loaf weighing 1½ pounds.

Put yeast in the water, adding sugar, and let dissolve. Stir in the white flour and beat until quite smooth. Add brown flour and salt. The dough should be not so stiff as for white bread. Turn out on board and knead, adding from time to time enough white flour to keep from sticking to board. Let rise until light. Turn out and cut in four equal parts. Knead into proper shape and place in pans and let rise until light. Bake 35 or 40 minutes in gas oven.

Combination Vegetable Salad.

	Cost.
1 head lettuce	\$0.0500
1 dozen radishes	.0200
½ can French peas.....	.1000
Tomatoes, 3 medium.....	.0400
Total	\$0.2100

Salad Dressing.

	Cost.
½ cup thick sour cream.....	\$0.0750
3 T Wesson oil.....	.0171
1 T vinegar.....	.0016
½ t salt.....	.0001
1 t sugar.....	.0009
¼ t white pepper.....	.0021
½ t paprika.....	.0015
Cost of dressing.....	\$0.0983
Vegetables	.2100

Total cost for 6 is.....\$0.3083

Or 5 cents each.

This salad dressing is delicious and serves as a very useful way of using up a little cream which may have soured. The bowl should be rubbed with a piece of onion, then the ingredients added, in order named, thoroughly mixing with egg beater.

Lettuce must be washed and thoroughly dried, kept in cool place to become crisp. Radishes are washed and sliced. Tomatoes peeled carefully without the use of hot water to conserve their flavor. Arrange peas in a mound of lettuce leaves, arrange tomatoes, sliced, around peas and garnish the whole with sliced radishes. Pour on dressing just before serving. —Dr. E. M. Wickstrom.

	Cost.
Apple pie	\$0.1196
(There are no directions for making the pie, though the cost was evidently carefully worked out.)	
Cheese	.0750

Cost of Menu.

	Cost.
Vegetable soup	\$0.0968
Celery	.0500
Duck with dressing and gravy	.8536
Salad and dressing.....	.3083
Crackers for soup and salad...	.0750
Bread, ½ loaf.....	.0262
Butter, 1-5 lb.....	.1000
Potatoes, 3 lbs. (cooked).....	.0923
Carrots	.0730
Squash	.0535
Cheese, ¼ lb.....	.0750
Dill pickles, home made.....	.0500
Grape jelly, home made.....	.0500

Apple pie	.1196
Coffee	.0370
Sugar	.0104
Cream	.0750
Ice Cream, 1 pt.....	.2500
Oranges, ½ doz. 40c.....	.2000
Bananas, ½ doz. at 15c.....	.0750
1 lb. mixed nuts.....	.3000

\$2.9707

—Mary G. Morrison, 752 Montgomery drive, city.

MENU, BY MRS. ABLE.

Cream of Onion Soup.	
Apple and Celery Salad.	
	Mixed Pickles.
	Roast Chicken.
Bread Stuffing.	Giblet Sauce.
	Cranberry Jelly.
Creamed Potatoes.	Hot Slaw.
Sweet Corn (New England Style).	
Sago Pudding.	Pumpkin Pie.
Biscuits.	Butter.
	Stuffed Dates.
Coffee.	Cream.

Cream of Onion Soup.

	Cost.
6 medium-sized onions, sliced..	\$0.0600
1 green pepper chopped	.0100
2 cups scalded milk	.0524
2 T butter.....	.0312
½ t salt	.0002
4 T flour	.0036
Few grains cayenne	.0003
Salted wafers	.0500
1 egg yolk	.0250

Cost for 6 people\$0.2327
Cost for 1 person, \$0.0387.

Cook onion and pepper in two tablespoonfuls butter for five minutes without browning; add one quart water, cook until onions are soft (about 40 minutes.) Rub through a sieve, make a paste of flour, add scalded milk, stirring constantly; combine mixture; add salt, cayenne and egg. Heat to boiling; serve very hot with crisp salt crackers.

Roast Chicken.

	Cost.
5 lb. hen at 20c lb.....	\$1.0000
1½ t salt	.0004
½ t pepper	.0042
2 T flour	.0018
2 c boiling water	.0000

Cost for 6 persons\$1.0064

Cost for one 1676

Dress, clean and stuff. Place in dripping pan; sprinkle with salt and pepper. Dredge with flour, add one cup of boiling water. After first 30 minutes baste often. Add more water when necessary. Cook until tender; brown.

Stuffing.

	Cost.
1 stale loaf of bread.....	\$0.0400
1/4 t pepper	.0021
1 t salt	.0003
1/4 t sage	.0021
1 medium-sized onion	.0100
3/4 c boiling water	.0000

For 6 persons\$0.0545

For one person 0091

Break bread in small pieces; season with pepper, salt, sage and one medium-sized onion, finely chopped. Mix well, and add 3/4 cup of boiling water. Then stuff hen.

Giblet Sauce.

	Cost.
5 T drippings	\$0.0000
5 T flour	.0045
2 c of stock	.0000

For 6 people\$0.0045

For one person 0007

Take hen from pan, leaving only 5 T fat; add 5 T flour, stir to a smooth paste and brown richly. Then pour slowly three cups of stock (in which the neck and giblets were cooked), bring to a boiling point, and season to taste. Chop giblets very fine and reheat in sauce.

Creamed Potatoes.

	Cost.
4 lbs. potatoes	\$0.0800
1 t salt	.0003
1-3 c cream	.0200
1 T butter	.0156

Cost for 6 persons\$0.0159

Cost for one person, \$0.0026.

Boil potatoes as usual. Drain, let stand on range a few minutes, mash, add cream and butter and beat to a snowy cream.

Corn—New England Style.

	Cost.
1 can corn	\$0.1250
1 egg yolk	.0250
1/2 t sugar	.0013
1 t salt	.0003
1/8 t pepper	.0197
1 T butter	.0156
1 c scalded milk	.0262

Cost for 6 persons\$0.1944

Cost for one person, \$0.0322.

Biscuits.

	Cost.
2 c flour	\$0.0282
1 t salt	.0003
3 t baking powder	.0108
3/4 c milk	.0197
1 1/2 T shortening	.0234

\$0.0824

Sift dry ingredients together, add shortening, mix well with finger tips, add milk, roll out 1/2 inch thick, cut with small biscuit cutter. Bake 15 to 20 minutes.

One can corn; add one egg yolk, slightly beaten, one T sugar, one t salt, one-eighth t pepper, one T butter and one cup scalded milk.

Turn into buttered baking dish or individual ramekins and bake in a slow oven until cold.

Hot Slaw.

	Cost.
1/2 head white cabbage	\$0.0500
1/4 c hot vinegar	.0060
1/4 c hot water	.0000
2 T butter	.0312
1/2 t salt	.0001
1/8 t pepper	.0010
1/2 t mustard	.0014
2 egg yolks	.0500

Cost for six persons\$0.1397

Cost for one person \$0.0232.

Shave cabbage very fine; serve with this dressing: Slightly beaten egg yolks, add 1/4 of the hot water and vinegar, slowly beating, two T butter, salt, mustard and pepper. Cook in double boiler until it thickens, add the cabbage and heat thoroughly. (Two tablespoonfuls of sugar may be added.)

Cranberry Jelly.

	Cost.
1 qt. cranberries	\$0.1250
3/4 c boiling water	.0000
1 1/2 c sugar	.0619

Cost for six persons\$0.1869

Cost for one person \$0.0311.

Pick and wash one quart of cranberries. Add 3/4 cup boiling water; boil 20 minutes. Rub through sieve. Add sugar, cook five minutes. Turn into cold wet mold.

Apple and Celery Salad.

	Cost.
2 c finely chopped celery	\$0.0286
4 apples	.0400
1/2 lemon	.0084

Cost for six persons\$0.0770

Cost for one person 0120

Peel and cut into small pieces.

Marinate the apples with 1 T lemon juice. Mix well to prevent discoloration. Cut celery quite fine and mix with apples, then add mayonnaise. Serve with a lettuce leaf.

Mayonnaise.

	Cost.
1 c Wesson oil	\$0.0906
1 egg yolk	.0250
1 t salt	.0003
1 t mustard	.0083
1/2 t paprika	.0062
2 T vinegar	.0032

Cost for six persons\$0.1336

Cost for one person 0222

Mix dry ingredients, add egg; then add vinegar and oil alternately, beating vigorously with egg beater.

Sago Pudding.

	Cost.
3 T sago	\$0.0100
1 1/2 c boiling water	.0000
1/8 t salt	.0001
1 c milk	.0262
1-3 c sugar	.0156
1 egg	.0500
1 c whipped cream	.1000
1 T sugar	.0026

Cost for six persons\$0.2045

Cost for one person 0341
 Wash sago, pour over this one and one-half cups boiling water, add pinch of salt, let cook slowly (stirring constantly), until clear. Add milk and sugar and then remove from fire. Add slightly beaten egg, then one teaspoon lemon extract. Place in individual dishes, chill, add whipped cream.

Pumpkin Pie.

	Cost.
1½ lbs. pumpkin	\$0.0500
2 T flour	.0018
1 c sugar	.0419
½ t lemon extract	.0150
½ t ginger	.0042
½ t salt	.0002
¼ t cinnamon	.0021
1 egg, slightly beaten	.0500
1½ c milk	.0393
¾ c flour	.0100
¼ t salt	.0001
1 T Compound	.0078

For six persons\$0.2222

For one person 0370

Mix ingredients in the order given. Turn into pastry lined pie pan. Crust (¾ cup flour, ¼ t salt, 1 tablespoon compound.)

Bake in a hot oven about five minutes to set pastry. Then bake slowly 25 minutes.

Stuffed Dates.

	Cost.
¾ lb. dates	\$0.1250
¼ lb. walnuts	.0500
1 T sugar, powdered	.0026

Cost for six persons\$0.1776

Cost for one person 0296

Remove stones from dates. Chop nuts fine. Stuff and roll in powdered sugar.

	Cost.
Cream for coffee from milk..	
Coffee	\$0.0225
Butter	.1000
Pickles	.0500

Detail of Cost.

	Total Costs.
Cream of onion soup	\$0.2327
Roast chicken	1.0064
Stuffing	.0545
Giblet sauce	.0045
Creamed potatoes	.1159
Corn	.1944
Hot slaw	.1357
Cranberry jelly	.1860
Apple and celery salad	.0070
Mayonnaise	.1336
Sago pudding	.2045
Pumpkin pie	.2222
Pickles	.0500
Biscuits	.0824
Butter (3 oz. 6 T.)	.0938
Coffee for 9 at 30c	.0378
Cream for coffee	.0400
Sugar for coffee (3 T.)	.0078
Stuffed dates	.1776
Wood fuel, 2 hours	.0680

Total cost\$2.985

—Mrs. W. R. Able.

MENU, BY MRS. LINDQUIST.

Tomato Soup	
Salted Wafers	Celery
Stewed Chicken, with Rice	
Loganberry Jam	Sour Pickles
Steamed Potatoes	Steamed Squash
Creamed Cabbage	
Bread	Butter
Banana Salad	
Crackers	Cheese
Steamed Graham Pudding, with Grape Juice Sauce	
Raisins	Apples
Nuts	Coffee
Oranges	

Entered as a conservation menu. No butter used in cooking. Less than 5 cents worth of sugar for entire meal. Very little white flour used. Fruits and vegetables given a prominent place.

Tomato Soup.

	Cost.
1 can tomatoes	\$0.1800
2 T Wesson oil	0.114
1 T flour	.0009
½ t salt	.0001

\$0.1924

Mash and strain tomatoes, heat; mix oil, flour and salt; stir into tomatoes, stirring until they boil. Serve at once.

Stewed Chicken With Rice.

	Cost.
3-lb. hen	\$0.7500
3 t salt	.0009
6 lb. onions	.0167
2 T flour	.0018
1 c dry rice	.0454
Fir wood heat, 3 hrs.	.1224

\$0.9372

This full cost covers preparation of entire dinner as all cooking planned below may be done while chicken is stewing.

Select a plump fat hen if possible. Clean carefully, cut in pieces. The breast should be made into four pieces so that, with the wings, a piece of white meat may be served each of six people. The two pieces of back, legs, thighs and neck with the giblets will allow sufficient of the dark meat for each. Cover chicken with water, should be about two quarts; add onions and 1 tablespoonful salt; bring to a boil and keep boiling moderately until perfectly tender; add remainder of salt, the rice and flour to thicken.

The washed rice should be put into kettle of rapidly boiling water and kept boiling for a half hour or until tender and fluffy, then drained carefully before adding to chicken.

Potatoes and Squash.

	Cost.
3 lbs. white potatoes	\$0.0600
Piece of Hubbard squash	.0500
2 t salt	.0006

\$0.1106

Place the pared potatoes and the cleaned squash cut in pieces in steamer over kettle of boiling water (in which pudding is to be cooking). Steam $\frac{1}{2}$ hour or until perfectly tender. Salt should be sprinkled over vegetables when they are arranged in steamer before starting to cook.

Creamed Cabbage.

	Cost.
1 head cabbage	\$0.0500
1 t (scant) salt	.0003
1 cup milk	.0268
1 T Wesson oil	.0057

\$0.0828

Chop cabbage, cover with cold water, bring to a boil and keep boiling moderately for one hour in uncovered kettle. Drain thoroughly. Add milk and let set on back of stove to simmer very gently for one-half hour. Add oil a few minutes before serving.

Banana Salad.

	Cost.
Lettuce	\$0.0500
Bananas, $\frac{1}{2}$ doz	.0750
Peanuts	.0200
French dressing	.0260

\$0.1710

Arrange split bananas on lettuce leaves, sprinkle with chopped peanuts and pour over dressing just before serving. This salad must of course be arranged on individual salad plates.

Graham Pudding.

	Cost.
$\frac{1}{2}$ cup molasses	\$0.0212
$\frac{1}{2}$ cup milk	.0134
4 T Wesson oil	.0228
1 egg (48c doz)	.0400
$1\frac{1}{2}$ c graham flour	.0222
$1\frac{1}{2}$ t baking powder	.0031
$1\frac{1}{2}$ t salt	.0004
$\frac{1}{2}$ c raisins	.0250

\$0.1481

Steam $2\frac{1}{4}$ hours.

To the oil add milk, molasses and egg, well beaten, then the flour, baking powder and salt sifted together thoroughly, lastly the raisins (seedless). Turn into mold and steam $1\frac{1}{2}$ hours. Serve with following:

Grape Juice Sauce.

1 c grape juice (home-made) ..	\$0.0500
4 T Wesson oil	.0228
$\frac{1}{2}$ c sugar	.0208

\$0.0936

	Cost.
Tomato soup	\$0.1924
Salted wafers	.0300
Sour pickles (home-made)	.0500
Stewed chicken with rice	.9372
Steamed potatoes	.0603
Steamed squash	.0503
Creamed cabbage	.0828
Celery	.1000
Loganberry jam (home-made) ..	.0500
Bread	.0300
Butter, 3 oz.	.0938
Banana salad	.1710
Crackers	.0300
Cheese, 1-5 lb.	.0600
Steamed pudding	.1481
Pudding sauce	.0936
Coffee, 6 T.	.0563
Sugar, 12 t.	.0108
Cream from 1 quart milk	.0500
Raisins	.1500
Apples, $\frac{1}{2}$ dozen	.1000
Oranges, $\frac{1}{2}$ dozen	.2000
Nuts, 1 lb.	.2500

Total **\$2.9966**
Mrs. H. Lindquist.

MENU, BY MRS. MOORE.

Mrs. George E. Moore says: Here is a "war garden" Thanksgiving dinner menu, the greater part of which, with the exception of the meat, was grown in my small garden, and as a few hens can be easily kept in one's back yard a person can raise his dinner meat also.

Chicken Soup with Crackers

Celery Sweet Pickles

Baked Chicken with Dressing

Brown Gravy Loganberry Jelly

Mashed Potatoes String Beans

Cream Tomatoes

Bread Butter

Apple and Nut Salad

Home-made Grape Juice with Wafers

Pumpkin Pie

Shelled Almonds

Chicken Soup.

	Cost.
Soup from chicken	\$0.0000
Green celery leaves (left over) ..	.0000
1 tomato ($\frac{1}{2}$ c)	.0166
$\frac{1}{2}$ c rice	.0227
$1\frac{1}{2}$ t salt	.0004
$\frac{1}{2}$ t pepper	.0010

\$0.0407

Crackers—12 soda crackers.... **.0480**

Total **\$0.0887**

To make chicken soup, where a rich soup is not desired, take some of the soup in which the chicken was

Editorials That Mean Business—the Product of The Telegram's Editorial Page

cooked; add about one-third of the fresh green celery leaves, finely chopped; one tomato, or if you have not any more fresh ones, keep out a little of the canned you intend using at the dinner, also add one-half cupful rice. Cook until rice is done. Add a little pepper. Serve with crackers.

Baked Chicken.

	Cost.
1 4-lb. hen, at 25c per lb.....	\$1.0000
½ loaf stale war bread, or less, with some mashed potatoes...	.0300
1 large onion minced (1 c)...	.0167
1 T salt	.0008
1 t mixed ground spices for seasoning (pepper, cloves, allspice, mustard, sage, celery, salt)	.0083
1 cooking egg, home preserved	.0400

Cost\$1.0958

Cut up fowl into regular pieces, as for stewing. If hen is very fat, remove all fat possible, as there will be plenty left for seasoning. Boil slowly until almost done in two or three quarts of water, salting after it has been boiled a while and skimmed. Add hot water occasionally to keep meat well covered. In about three and a half hours, depending on age of hen, have prepared dressing like this. Chop up the giblets. Fry them in some of the chicken fat. Add the minced onion and fry a little. Then have the bread moistened with hot water. Add giblets and onion, a little salt, the ground spices, and last the egg. Stir together. Place the chicken in a baking pan or roaster, cover with the dressing, and if too dry add a little soup stock, and brown for about one-half hour.

This manner of cooking gives the meat a rich and delicious flavor, hard to equal in the best young fry, and is an excellent way of preparing the ordinary chicken. One does not always know how old a supposed "spring" sometimes is.

Gravy.

	Cost.
Soup stock	\$0.0000
1 T onion	.0010
1 T flour.	.0009

\$0.0019

Chicken and dressing..... 1.0958

\$1.0977

For gravy a little of the soup stock can be boiled down some, seasoned with some onion and thickened a little.

Mashed Potatoes.

	Cost.
3 lbs. potatoes, home-grown...	\$0.0600
1 T salt	.0008
¼ t pepper	.0021
(No butter, as chicken is rich in itself.)	
½ c milk	.0134
	\$0.0763

Boil potatoes in salted water. Drain. Mash fine. Add pepper and milk, and if not quite moist enough, a little hot water. Beat till creamy.

Cream Tomatoes.

	Cost.
1 qt. home-grown and canned tomatoes	\$0.0900
1 c diced stale bread.....	.0050
1 t salt	.0003
¼ t pepper	.0008
2 t sugar	.0018
2 t pearl shortening	.0006
¼ c top milk	.0067

Total\$0.1052

Heat tomatoes. Add salt if none had been added in canning them. Fry bread dices nice and brown (but do not burn), in heated shortening. Add hot to tomatoes, and lastly, just before serving, the milk (condensed milk is good), then heat thoroughly but do not boil, as boiling spoils the flavor.

String or Green Beans.

	Cost.
Fuel, gas, 1 hour.....	\$0.0114
1 qt. beans.....	.1000
1 T drippings.....	.0082
1 t salt (to taste).....	.0003
½ t pepper.....	.0010
½ c milk.....	.0134
2 t flour.....	.0006

Cost\$0.1349

Cut beans lengthwise once or twice, then crosswise, almost cover with boiling water; add drippings and boil one hour. Water must reduce to about one-half cupful, blend flour and milk, cook up well and season. Salt may be added the last 15 minutes. (Grandmother said adding the drippings when boiling would almost always make even old beans tender.)—Mrs. John Oatfield.

Cost of above.....\$0.1349

Gas omitted 0114

Cost in dinner\$0.1235

Bread, ½ loaf\$0.0300

Butter, ¼ lb 1209

\$0.1500

Apple and Nut Salad.

	Cost.
2 large apples	\$0.0200
½ c English walnut meats....	.0625
¼ c French dressing	.0120
¼ c boiled dressing	.0263
1 sweet green pepper	.0209
1 small head lettuce	.0500

Cost to serve 6 people..... \$0.1903

Or 3 cents each.

Wipe and pare apples and shape into small balls, using a French vegetable cutter. Marinate balls with French dressing and chill thoroughly. Just before serving roll in boiled

dressing and then in chopped nut meats. Make a small incision in each with a toothpick, and insert strips of green pepper to represent stems; arrange on crisp lettuce leaves, which have been marinated with French dressing. This is as picturesque as it is edible, and vice versa. This will serve six persons.—Mrs. Roberts.

Eggless Pumpkin or Squash Pie.

	Cost.
For crust (no top)—	
Scant cup flour	\$0.0141
3 T shortening	.0270
½ t salt	.0001
For filling—	
1½ pints home-raised table squash	.0500
1 cup sweet milk	.0268
¼ t salt	.0001
½ t sugar	.0208
2 T corn starch	.0032
2 T molasses	.0054
1 t mixed ground spices (cinnamon, cloves, nutmeg, ginger, mace)	.0083
½ t baking powder	.0018

Total\$0.1576
Have 1½ pints of squash mashed and strained if desired. Add salt, sugar, some milk, molasses, spices. Dissolve the cornstarch and baking powder in a little of the milk. Add to squash. Stir and fill the crust. This makes a large, very good pie, the baking powder and cornstarch very nicely filling the place of eggs.

Total Cost of Menu.

	Cost.
Chicken soup with crackers....	\$0.0887
Baked chicken, with dressing and gravy	1.0977
1 large bunch fresh celery....	1.000
Small sweet pickles (from garden)	.1500
Plain mashed white potatoes (from garden)	.0763
String beans (canned from garden)	
Mrs. John Oatfield's recipe of Nov. 5, deducting fuel	.1235
Cream tomatoes (from garden) ..	.1052
Bread and butter (not much butter used)	.1500
Coffee, cream and sugar	.2000
Loganberry or blackberry jelly (home made)	.0700
Apple and nut salad (Mrs. Roberts, of Nov. 15.)	.1908
Eggless pumpkin or squash pie (from garden)	.1576
Fuel (four hours) stove, slab-wood, medium fire	.1144
Small, dainty portions home-made unsweetened grape juice and wafers	.2000
Shelled almonds	.1500

Total\$2.9883
Mrs. George E. Moore, 1091 Michigan avenue, city.

MENU, BY MRS. SMITH.

Cream Tomato Soup
Celery Crackers Cucumber Pickles
Roast Goose with Dressing
Giblet Gravy Apple Sauce.
Mashed Potatoes Creamed Carrots
(Baked Corn Custard) Omitted.
Shrimp Salad With French Cream
Salad Dressing
(Cranberry Molds) Omitted
Plum Pudding With Sweet Sauce.

Cream Tomato Soup.

	Cost.
Tomatoes, 1 can	\$0.1800
Milk, 3 cups	.0804
Butter 1 T	.0156
Flour 1 T	.0009
Soda, ¼ t	.0002
Salt, 1 t	.0003
White pepper, ¼ t	.0021

\$0.2795

Take one can of tomatoes, press through sieve, put on stove in porcelain stew pan and when it comes to the boiling point, stir in about ¼ teaspoonful soda. Let boil for about two minutes then stir in three cupfuls of milk, and when hot add a tablespoonful of butter and when just at the boiling point add one tablespoonful of flour mixed smooth in a little cold milk. Let boil two minutes, then remove from the stove and add salt and pepper.

Roast Goose With Dressing.

	Cost.
Young goose, 7 lbs.	\$1.1200
Stale bread	.0600
½ T salt for dressing	.0006
1 small onion	.0100
Pepper, ½ T	.0042
2 t salt, for goose	.0006
1 egg	.0400
Butter	.0312
3 t sage	.0249
Giblet gravy, 1 T flour	.0009

\$1.2924

Select a young goose, cut off head and feet; remove gizzard, heart, liver, lungs and intestines, being careful not to break the gall sack; pick out pin feathers, singe, wash inside. Before drawing intestines wash the goose in warm water and ivory soap, then rinse in clear, warm water. Now stuff with dressing and sew up. Place in covered roaster and roast about 2 hours. Salt inside before stuffing, then salt outside before putting in oven.

Editorials of Daily Interest Appear on The Telegram's Editorial Page

Dressing.

One loaf stale bread, 1 small onion chopped fine, $\frac{1}{2}$ T salt, $\frac{1}{2}$ t pepper, 1 egg, 2 T butter, 3 t sage. Mix all together with warm water until the right consistency.

Giblet Gravy.

Boil gizzard, liver and heart until tender in slightly salted water; remove, chop, return to stew pan adding hot water until there is about four or five cups. Stir in 1 T flour, which has been rubbed smooth in a little water; cook 2 minutes.

Apple Sauce.

	Cost.
Cooking apples, 3 pounds	\$.0600
1 c sugar	.0416
1 t nutmeg	.0130
	\$0.1146

Peel and core three pounds apples, put on to cook in water enough to cover half way to top. When done season with 1 cup sugar and 1 teaspoonful nutmeg.

Mashed Potatoes.

	Cost.
Potatoes, $2\frac{1}{2}$ lbs.	\$.0500
Salt, 1 t	.0003
Milk, $\frac{1}{2}$ c	.0134
	\$0.0637

Peel potatoes, put on to cook in hot water to cover, add salt and cook until tender, then drain off water and mash, then add the milk and whisk with spoon until light and fluffy.

Creamed Carrots.

	Cost.
1 lb. carrots	\$.0300
2 t salt	.0006
$\frac{1}{8}$ t pepper	.0010
1 c milk	.0268
1 T flour	.0009
Gas 55 min.	.0110
	\$0.0703

Cost	\$.0703
Cost of recipe	\$.0703
Less gas	.0110
	\$0.0593

Cost of carrots	\$.0593
Bread, $\frac{1}{2}$ loaf	\$.0300
Butter, 3 oz.	.0750
	\$0.1050

Scrape and wash the carrots. If large, split lengthwise into four pieces and cut into fine slices. Put them on to cook in boiling water, just enough to cover them; add one teaspoonful salt and boil 45 minutes. When done the water should have boiled away. Now add 1 cup milk, thicken with 1 tablespoonful of flour stirred smooth in a little milk, and season with salt and pepper.

Baked Corn Custard.

	Cost.
1 can corn	\$.01500
1 cup milk	.0268

1 egg	\$.0400
2 t butter	.0064
$\frac{1}{2}$ t salt	.0002
$\frac{1}{4}$ t pepper	.0021
	\$0.2255

Beat the egg, yolk and white separately, add the can of corn to the yolk, after rubbing through a colander; add the salt and pepper and butter (melted). Now add the cup of milk and lastly the white beaten stiff. Put in a dish and bake brown.

Shrimp Salad.

	Cost.
1 small cabbage (about 5 cups)	\$.0440
$\frac{1}{2}$ t salt	.0002
$\frac{1}{4}$ t white pepper	.0021
$\frac{1}{2}$ French cream salad dressing	.0432
1 can shrimps	.1250
	\$0.2145

Cost
Mix cabbage, salt, pepper and shrimps, chopping the shrimps in small pieces and reserving a few whole ones to decorate the top. Mix with dressing.

French Cream Salad Dressing.

	Cost.
$\frac{3}{4}$ c vinegar	\$.0188
1 c water	.0000
1 egg	.0400
1 T mustard	.0083
1 T sugar	.0026
$\frac{1}{4}$ t salt	.0001
1 t butter	.0032
$\frac{1}{4}$ c top milk	.0134
	\$0.0864

Cost	\$.0864
Shrimp salad	.2145
	\$0.3009

Total cost.
Beat the egg, then add other ingredients, excepting milk. Put on stove and stir until it begins to bubble; then remove and set away in earthen bowl to get thoroughly chilled. Just before mixing with salad add the milk, or cream would make an improvement.

Cranberry Molds.

	Cost.
1 qt. cranberries	\$.01500
1 c sugar	.0417
	\$0.1917

Cost
Wash one quart berries; cover with water in porcelain kettle and cook until the skins burst; mash and strain through a colander and return to fire; add one cupful of sugar and cook till thick. Put into molds and serve individually, topping with a bit of parsley.

Pumpkin Pie.

	Cost.
$1\frac{1}{2}$ c stewed pumpkin	\$.0300
1 egg	.0400
$1\frac{1}{2}$ c milk	.0402
$\frac{1}{2}$ c sugar	.0208
$\frac{1}{4}$ t salt	.0001
$\frac{1}{2}$ t cinnamon	.0042
$\frac{1}{2}$ t ginger	.0042

$\frac{3}{4}$ c flour	.0094
3 T Crisco	.0261
$\frac{1}{2}$ t baking powder.....	.0010
$\frac{1}{4}$ t salt	.0001

\$0.1761

This makes a large pie.

Sweet Plum Pudding.

	Cost.
$\frac{1}{4}$ c finely chopped suet.....	\$0.0100
$\frac{1}{4}$ c molasses	.0106
$\frac{1}{4}$ c milk	.0067
$\frac{1}{4}$ c raisins	.0125
$\frac{1}{4}$ c figs, chopped	.0125
1 egg	.0400
$\frac{1}{4}$ t cloves	.0021
$\frac{1}{2}$ t nutmeg	.0065
$\frac{1}{2}$ t cinnamon	.0042
$\frac{1}{2}$ t salt	.0001
$\frac{1}{4}$ t soda	.0002
1 scant c flour.....	.0141

\$0.1195

Pudding sauce	.0937
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\$0.2132

Beat the egg; add the other ingredients, dissolving the soda in a little warm water; sour milk is better in this pudding, but sweet milk will do; put in greased individual cups, filling them two-thirds full; steam 45 minutes; serve with sweet sauce.

Sweet Sauce.

	Cost.
1 c sugar	\$0.0417
1 T butter	.0156
2 T flour	.0018
2 c water	.0000
$\frac{1}{2}$ t lemon extract.....	.0146

\$0.0937

Put sugar in a small sauce pan; add the flour, then the butter and cream; then add two cups boiling water and stir till it boils; then add extract and serve.

Thanksgiving Menu.

	Cost.
Cream tomato soup	\$0.2795
Roast goose, with dressing and giblet gravy	1.2924
Apple sauce	.1146
Crackers	.0300
Cucumber pickles	.1000
Celery	.1000
Mashed potatoes	.0637
Creamed carrots	.0593
Baked corn custard	.2255
Bread and butter	.1050
Shrimp salad, cream dressing..	.3009
Cranberry molds	.1917
Pumpkin pie	.1761
Plum pudding with sauce.....	.2132
Coffee, 1-6 lb. at 30c.....	.0500
Sugar $\frac{1}{2}$ c	.0208
Fuel, wood, 3 hrs.....	.1020

Cost\$3.3601

Must be omitted—

Baked corn custard	\$0.2255
Cranberry molds	.1917

\$0.4172

Total menu\$2.9429

MRS. W. E. SMITH,
Galvin, Wash.

MENU, BY MRS. SHAND.

Cream of Corn Soup

Cheese Straws

Roast Chicken With Brown Gravy

Bread Dressing Potato Balls

Green Peas.

Hot Rolls

Butter

Stuffed Tomatoes With Mayonnaise

Minced Pie

Cream Puffs

Coffee

Cream of Corn Soup.

	Cost.
1 can corn.....	\$0.1500
1 quart milk.....	.1100
1 egg (cooking).....	.0400
1 onion	.0083
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0010
1 T parsley.....	.0000
Wood fuel, 20 min. ($\frac{1}{2}$ use)...	.0047

Cost\$0.3143

Cook corn, milk and onion 15 minutes, rub through coarse strainer, return to pan, bring to boil, add salt and pepper, pour over well beaten egg, add chopped parsley and serve immediately.

Cheese Straws.

	Cost.
$\frac{1}{2}$ c flour.....	\$0.0070
$\frac{1}{2}$ c cheese.....	.0375
1 T butter	.0156
$\frac{1}{4}$ t baking powder.....	.0009
$\frac{1}{4}$ t salt.....	.0001
$\frac{1}{4}$ t cayenne pepper.....	.0010
Water to mix.....	.0000
Fuel 5 min. ($\frac{1}{2}$ use).....	.0023

Total\$0.0634

Mix all dry ingredients thoroughly, add water to make firm dough, roll very thin, cut three inches long, 1 inch wide, bake 5 minutes in hot oven.

Roast Chicken.

	Cost.
1 chicken.....	\$1.2500
2 c bread crumbs.....	.0200
1 t salt.....	.0003
$\frac{1}{2}$ t pepper	.0010
1 T Crisco	.0087
1 onion	.0083
1 T flour.....	.0009
Parsley	.0000
Oven, 2 $\frac{1}{4}$ hrs. ($\frac{1}{2}$ use).....	.0357

\$1.3247

Scrub chicken in warm soap suds, rinse and wipe thoroughly, melt Crisco in skillet, add onion and bread crumbs, brown well; season and fill chicken; put in covered roaster, pour over 1 cupful boiling water, bake 2 hours; make gravy by adding 1 tablespoonful flour to drippings in pan, brown nicely, add stock in which giblets have boiled, season and serve.

Green Peas.

	Cost.
1 can peas.....	\$0.1500
1 T butter.....	.0156
Fuel, 10 min. ($\frac{1}{2}$ use).....	.0046

\$0.1702

Drain peas from liquid, put in pan with butter, heat thoroughly and serve.

Potato Balls.

	Cost.
2 lbs. potatoes.....	\$0.0400
1 t butter.....	.0032

Cost\$0.0526

Mash potatoes, add butter, make into small round balls, bake 10 minutes in hot oven until nicely browned. (Don't they need a little salt and milk?)

Stuffed Tomatoes.

	Cost.
6 tomatoes (medium).....	\$0.1000
1 bunch celery	.0500
1 head lettuce (large).....	.0500
$\frac{1}{2}$ t salt.....	.0001
$\frac{1}{4}$ t pepper.....	.0020
$\frac{1}{4}$ lb. walnuts.....	.0625

\$0.2646

Cut tops off tomatoes and scoop out insides, fill with celery, seasoning and nuts, place on lettuce leaves and serve with spoonful of dressing on top.

Mock Mayonnaise Dressing.

	Cost.
1 T butter.....	\$0.0156
1 lemon (juice).....	.0250
$\frac{1}{2}$ t salt.....	.0001
$\frac{1}{4}$ t pepper.....	.0010
$\frac{1}{4}$ t mustard.....	.0010
1 t sugar.....	.0009

Cost\$0.0436**Hot Rolls.**

	Cost.
$\frac{1}{2}$ yeast cake.....	\$0.0125
1 T sugar.....	.0026
1 t salt.....	.0003
1 egg (cooking).....	.0400
3 c flour.....	.0423
Fuel, $\frac{1}{2}$ use.....	.0115

\$0.2092

Mix yeast with one and one-half cups lukewarm water; add sugar, salt and beaten egg; add flour, knead five minutes, put in bowl to raise till light; knead down, make into rolls, let raise, bake in hot oven 15 minutes.

Mince Pie.

	Cost.
$\frac{1}{4}$ lb. suet.....	\$0.0500
2 apples.....	.0200
1 cup bread crumbs.....	.0150
$\frac{1}{2}$ cup sugar.....	.0208
$\frac{1}{2}$ package raisins.....	.0750
1 t mixed spice.....	.0083

\$0.1891**Crust—**

	Cost.
$1\frac{1}{2}$ c flour.....	\$0.0211
$\frac{1}{2}$ cup crisco.....	.0691

$\frac{1}{2}$ t baking powder.....	.0018
Water to rise.....	.0000
Fuel, $\frac{1}{2}$ use.....	.0071

Cost\$0.0994

Mix Crisco, salt and baking powder with flour, add sufficient water to make into firm dough; divide, roll each very thin; have suet, raisins and apples chopped; mix with other ingredients; put lower crust in pie pan, pour in mixture, put on cover, cut edges with knife, bake $\frac{1}{2}$ hour. This quantity will make 10 individual pies by baking in gem pans and costs \$0.2885, or \$0.1731 for six pies.

Cream Puffs.

	Cost.
3 eggs (cooking).....	\$0.1200
1 T Butter.....	.0156
2-3 c flour.....	.0094
$\frac{1}{4}$ pt. cream.....	.0750
1 T sugar.....	.0026
Fuel, $\frac{1}{2}$ use.....	.0072

Cost\$0.2298

Melt butter in saucepan, add flour and water, cook on stove until it leaves the side of the pan, add the unbeaten eggs, one at a time, beating vigorously. Put 1 T of the mixture 1 inch apart on greased pan. Bake in moderate oven 35 minutes. When cold split and fill with sweetened cream.

Cost of Menu.

	Cost.
Cream of corn soup.....	\$0.3143
Cheese straws	.0634
Roast chicken with dressing and gravy	1.3249
Potato balls	.0526
Green peas	.1702
Stuffed tomatoes with mayonnaise	.3082
Hot rolls	.2092
Butter (3 oz. at 48c lb.).....	.0900
Mince pie	.2298
Cream puffs	.0504
Coffee (12 T @ 30c lb.).....	.0268
Top milk from 1 quart ($\frac{1}{4}$ use).....	.0208
Sugar, $\frac{1}{2}$ c, or 8 T.....	

Total\$3.0364

Less 4 cents worth of cream puffs**.0400**

Total\$2.9964

—Mrs. A. M. Shand, 805 East Thirty-sixth street, city.

(Mrs. Shand forgot to add in her cream and sugar, so her menu runs over 4 cents. This amount can be taken out of her cream puffs, as her recipe makes double the amount really needed, but if her wood fuel had been all figured together it would have lowered her total more than that. Notice particularly her "conservation" mince pie, and the whole menu seems very good and economical—but please write only on one side of the paper. It is so much extra work for me when you don't, and I haven't time just now.)

MENU, BY MRS. HEYDE.

Cream of Celery Soup	
Tenderloin of Halibut	
Tartar Sauce	
Roast of Veal	Oyster Dressing
Baked Potatoes	
Crab Salad with Mayonnaise	
Apple Pie	
Nuts	Raisins
Coffee	

Cream of Celery Soup.

	Cost.
1 bunch celery	\$0.0500
2 t butter	.0312
3 T flour	.0027
1 t salt	.0008
$\frac{1}{2}$ t pepper	.0042
1 pinch mace, 15c a can.	.0004
2 cloves, 4 whole peppers.	.0002
2 bay leaves	.0001
1 quart milk	.1250
Fuel, gas, 30 min., simmering.	.0010
$\frac{1}{2}$ costs	\$0.2156

Tenderloin of Halibut.

	Cost.
1 pound halibut.	\$0.1500
1 egg	.0400
1 T salt	.0004
$\frac{1}{4}$ t pepper	.0021
3 T breadcrumbs.	.0027
2 oz. lard	.0375
Fuel, gas, 10 min. $\frac{1}{2}$ cast.	.0004
Total	\$0.2331

Tartar Sauce.

1 cup mayonnaise.	\$0.0000
(priced later.)	
$\frac{1}{2}$ c chopped celery.	.0500
1 dill pickle.	.0100
Chopped parsley	.0000
Total	\$0.0600

Breast of Veal.

	Cost.
4 pounds breast of veal, 18c lb. (one whole breast).	\$0.7200
1 carrot, 1 onion.	.0200
1 piece of celery.	.0063
2 T flour.	.0027
1 T salt	.0008
$\frac{1}{2}$ T pepper.	.0042
2 T tomato catsup.	.0100
Fuel, gas 1 $\frac{1}{4}$ hrs., oven $\frac{1}{2}$ cost	.0110
Total cost	\$0.7750

Dressing.

	Cost.
3 c bread crumbs.	\$0.0500
1 onion	.0100
1 piece celery.	.0063
1 T salt	.0008
$\frac{1}{4}$ t pepper.	.0021
1 can oysters	.1500
1 egg	.0400
1 t sage	.0100
Chopped parsley, 1 c.	.0000
Total cost	\$0.2692
6 large potatoes for baking.	.1000

Crab Salad.

	Cost.
2 medium sized crabs.	\$0.4500
1 t salt.	.0003
$\frac{1}{4}$ t pepper	.0021
$1\frac{1}{2}$ c chopped celery.	.0215
Total	\$0.4739

Mayonnaise Dressing.

	Cost.
1 egg	\$0.0400
1 T dry mustard.	.0166
1 t salt.	.0003
$\frac{1}{2}$ t paprika.	.0060
3 T vinegar.	.0047
2 c Wesson oil.	.1812
Total	\$0.2488

Apple Pie.

	Cost.
2 c sifted flour.	\$0.0510
1 c Crisco.	.1388
$\frac{1}{2}$ t salt.	.0001
$\frac{1}{4}$ c water.	.0000
6 medium sized apples at \$1 box)	.0400
$\frac{1}{4}$ c sugar.	.0104
$\frac{1}{4}$ t cinnamon (10c a can).	.0020
Gas 20 min., over, $\frac{1}{2}$ cost.	.0037

Total cost \$0.2464
This makes a 10-inch and extra deep pie.

Method of preparing dinner:

Soup.

Cut up celery, cover with 1 quart of water, add seasoning and boil 30 minutes, strain, mix butter and flour in pot, add hot milk, boil five minutes, add celery stock and strain again.

Fish.

Cut fish in six thin slices, season, turn over in crumbs, egg, crumbs again, fry 10 minutes in lard to a golden brown.

Tartar Sauce.

Take one cup mayonnaise, add chopped celery, pickle and parsley.

Breast of Veal.

Have butcher prepare for you a breast of veal with a pocket cut. Fill in dressing, put in roast pan. Add vegetables and seasoning with a little water. Roast one and a quarter hours. Take up veal, brown flour in same pan, add catsup, with enough gravy and strain.

Dressing.

Soak bread crumbs in oyster juice from can, add seasoning and egg, mix and fill pocket, tie end with string.

Potatoes.

Put baked potatoes in oven one-half hour after roast is in.

Crab Salad.

Pick crab, chop celery, add seasoning and two tablespoonfuls mayonnaise, put in plate and cover with rest of mayonnaise.

Mayonnaise.

Break egg in cold bowl, add dry mustard and seasoning, mix, add oil slowly. When too thick put in a little vinegar, then oil again till all is used up.

Apple Pie.

Break lard up in flour and stir with a fork. When even add water; set aside for two or three hours. Cut apples in thin slices, mix with sugar and cinnamon; bake 20 minutes.

Total of Costs.

	Total cost of dinner.
Soup	\$0.2156
Fish	.2331
Tartar sauce	.0600
Breast of veal	.7750
Dressing	.2692
Potatoes	.1000
Crab salad	.4739
Mayonnaise	.2488
Apple pie	.2464
Nuts (1 pound mixed)	.2500
Raisins, 1 pound	.1500
Coffee	.0504
Top milk	.0268
Sugar, ½ c	.0208
Total	\$3.1200
Less raisins	.1500

Total\$2.9700

(Mrs. Heyde forgot her "coffee with trimmings" in her estimate, so we will just leave the raisins out of her menu. She surely has enough without them.)—Mrs. Otto Heyde, 181 Grover street, city.

MENU, BY MRS. SPENCER.

Chicken Giblet Soup.
Bread Croutons.

Cherry Olives. Mixed Pickles

Roast Chicken with Dressing.

Brown Gravy. Red Currant Jelly.

Mashed Potatoes, Baked Squash.

Home-made Raisin Bread, Butter.

Combination Salad.

Pimento Cheese. Toasted Crackers.

Pumpkin Pie.

Nuts, Apples.

Coffee.
Soup.

	Cost.
Chicken giblets	\$0.0000
1 c soup stock	.0200
2 T chopped celery	.0072
2 T chopped onion	.0020
1 T rice	.0031
1 t salt	.0003
½ t pepper	.0020
Bread croutons (home-made) ..	.6150
Gas one-third on, 3 hours	.0210
Total	\$0.0706

Chop the neck of the chicken after it is thoroughly washed, put it with the giblets, into a kettle containing three pints of cold water, when cooked 1½ hours, add the rice, celery and onion. Ten minutes before serving add the soup stock and seasoning, boil up and serve with croutons.

Cherry olives (home-made)....	\$0.0300
Mixed pickles (home-made)....	.0500

Roast Chicken with Dressing.

	Cost.
5-lb. chicken, 25c lb.	\$1.2500
½ loaf stale bread (home-made) ..	.0300
2 oz. salt pork	.0300
½ c chopped onion	.0083
1 t salt	.0003
½ t pepper	.0040
½ t sage	.0040
2 T flour for gravy	.0018
1 t salt	.0003
2 T drippings	.0156
Gas 4 hours, medium	.1020

Cost of chicken, dressing and brown gravy	\$1.4463
Red currant jelly (home-made) ..	.0750

Wash or wipe the chicken, thoroughly (I prefer washing), grate or crumb the stale bread, put salt pork through food chopper, mix these with the onion, sage, salt and pepper, moisten with just enough cold water to hold ingredients together, stuff the chicken, tie the legs close so they won't dry out, put in roasting pan with one large cup of boiling water and two tablespoonfuls drippings, baste often. If the gravy boils away add more water, roast in medium oven four hours. When done lift the chicken out, pour into the pan one pint of boiling water, stir in the flour which has been mixed smooth in half cup of cold water, boil up, add the giblets chopped fine. Pour in gravy boat and serve with chicken garnished with parsley.

Potatoes.

	Cost.
2 lbs. potatoes	\$0.0400
1 t salt	.0003
1 T cream	.0094
Gas for cooking	.0025

Cost of potatoes\$0.0532

Put potatoes on to boil in hot water with one teaspoonful salt, boil 25 minutes, drain, return to the stove to dry, mash and add one tablespoonful cream.

Squash.

	Cost.
1 Hubbard squash	\$0.1000
Fuel (baked with chicken)	.0000
	\$0.1000

Cut the squash in six pieces and bake in the oven one hour.
½ loaf bread (home-made).... .0300
¼ lb. butter 1250 |

Combination Salad.

	Cost.
1 head lettuce.....	\$0.1000
1 celery heart.....	.0300
1 large tomato (war garden)...	.0000
1 green pepper.....	.0150
½ c Wesson oil.....	.0453
2 T vinegar.....	.0032
½ t paprika.....	.0063
½ t salt.....	.0002
Pimento cheese.....	.1000
Toasted crackers.....	.0500

Cost\$0.3500

Select a nice fine head of lettuce; cut the stalk off and pull apart; wash and drain or wipe dry with soft cloth; toss lightly on salad plates; cut the celery in very fine slices; form a ring of the shredded celery on the lettuce; cut the tomato; also the green pepper into six slices; place a slice of tomato and a ring of the green pepper on each salad. This makes a pretty and inexpensive salad. The oil and vinegar can be served individually or made as follows: Put the paprika and salt in a bowl, add part of the oil and stir well, then add vinegar and oil alternately till all are used.

Pumpkin Pie.

	Cost.
2-3 c flour.....	\$0.0094
2 T lard or Crisco.....	.0312
½ t salt.....	.0002
1 c pumpkin.....	.0250
1 egg (cooking).....	.0400
1 pt. milk.....	.0535
1 T molasses.....	.0027
2 T sugar.....	.0052
¼ t salt.....	.0001
½ t cinnamon.....	.0042
½ t ginger.....	.0042
Gas, to bake 30 min., medium.	.0130

Cost\$0.1887

Sift the flour and salt together; rub the shortening in with the finger tips; moisten with half cup of cold water, stirred in with a fork; roll out one-eighth of an inch thick and line a large pie plate; take the pumpkin, which has been steamed and mashed fine (I cook a whole one, strain and can to use as needed); stir the beaten egg, sugar, molasses and spices into the pumpkin; add the milk last, beat well and pour into the pie shell; bake 25 to 30 minutes; do not bake too fast or the crust will be done long before the filling.

Fifth Course.

	Cost.
Coffee, 2 oz., 40c lb.....	\$0.0500
Cream, ½ pt.....	.1000
Sugar, ½ lb., cube.....	.0500

Cost\$0.2000

Put the coffee in the percolator with seven cups of cold water; set it on the utes; serve with cream and sugar, or as preferred.

Sixth Course.

	Cost.
Mixed nuts.....	\$0.2000
6 Jonathan apples (fancy)....	.0800
	\$0.2800

Cost of Dinner Complete.

	Cost.
Soup.....	\$0.0707
Olives and pickles.....	.0800
Roast chicken with dressing..	1.4463
Currant jelly.....	.0750
Potatoes and squash.....	.1532
Bread and butter.....	.1550
Salad, cheese and crackers....	.3500
Pumpkin pie.....	.1887
Coffee with cream and sugar..	.2000
Nuts and apples.....	.2800

Total\$2.9989

—Mrs. G. Spencer, 1260 East Davis St.

MENU, BY MRS. MANIN.

Clear soup.

Chicken ragout with cranberry jelly.

Mashed potatoes. Canned corn.

Hot rolls.

Butter.

Lettuce and tomato salad.

Mince pie.

Salted almonds.

Black coffee.

Clear Soup.

	Cost.
Soup bone.....	\$0.1000
1 T salt.....	.0008
¼ t pepper.....	.0010
1 stalk celery.....	.0100
Little parsley (from garden) ..	.0000
2 quarts water.....	.0000
¼ fuel (3 hours).....	.0222

Cost\$0.1340

Wash soup bone, place in kettle with celery, parsley, salt, pepper and cold water, let simmer 3 hours, strain through clean muslin, return to fire so that it will be very hot when served.

Chicken Ragout.

	Cost.
1 five-lb. hen.....	\$1.2500
1 T salt.....	.0003
1 quart water.....	.0000
½ pint cream.....	.1500
2 T vinegar.....	.0032
1 T sugar.....	.0026
¼ saltspoonful cayenne.....	.0001
Fuel 3 hours (¼ use).....	.0229

Cost\$1.4283

Carve chicken as for serving in rather small pieces, wash and wipe very dry, put in iron or any kettle you may have, place on back of range to simmer, stirring at intervals until a light brown which will be in about half an hour. Now add water and salt, let simmer until tender, about

2¾ hours, there should be about 1 pint of liquor on the chicken, now add your cream, bring to boiling point, remove from fire, add vinegar, sugar and cayenne, stir and serve at once.

Mashed Potatoes.

	Cost.
3 lbs. potatoes	\$0.0600
1 T salt	.0008
½ c milk	.0134
1 T butter	.0156
Fuel (¼ use)	.0001

Cost\$0.0899

Boil about 20 minutes, drain off water mash, add milk, butter and beat until very light.

Canned Corn.

	Cost.
2-3 can corn	\$0.1000
½ c milk	.0134
¼ t pepper	.0020
1 T butter	.0156
½ t salt	.0002
Fuel (¼ use)	.0001

Cost\$0.1303

Put 2-3 can of corn in saucepan, add milk, butter, pepper, salt, place on back of stove, let heat very slowly, about 15 minutes.

Cranberry Jelly.

	Cost.
½ lb. cranberries	\$0.0800
1 c sugar	.0417
1 pint water	.0000
Fuel	.0071

Total\$0.1288

Wash and put in saucepan with water, boil until they pop open, run through potato ricer, add sugar, boil 5 minutes and pour in glasses to cool.

Lettuce and Tomato Salad.

	Cost.
1 head lettuce	\$0.0500
1 lb. tomatoes	.0500
2 T oil	.0114
1 t sugar	.0009
1 t salt	.0001
½ t pepper	.0020
2 T vinegar	.0032

Cost\$0.1076

Clean and wash lettuce, put in napkin, hang up to drain, peel and slice tomatoes, let them drain, put oil, vinegar, sugar, pepper, salt in teacup, mix all together. Cut up lettuce and tomatoes and add dressing.

Hot Rolls.

	Cost.
¼ yeast cake	\$0.0053
1 T sugar	.0026
1 t salt	.0003
1 c milk	.0268
3½ c flour	.0493
1 T butter	.0156
Fuel (¼ use)	.0001

Cost\$0.0768

In the morning put milk and ½ cup butter on stove, let come to a boil, let cool, dissolve yeast in 1 T water, add to milk, also add sugar and salt, 1 c flour, make batter and set aside to raise, when light add remaining flour, let raise again; now put on molding board, roll to 1 inch thickness, melt remaining ½ T butter on a saucer, with a glass cut biscuits, dip in butter, fold, put in drip. When light, bake about 20 minutes.

Mince Pie.

	Cost.
2-3 pint mince meat	\$0.0776
1½ c flour	.0211
2 T lard	.0400
¼ c water	.0000
Fuel (¼ use)	.0030

Cost\$0.1417

To make crust, sift flour into mixing bowl, add lard, and with a knife chop fine; now add water and pinch of salt, mix with; now put on kneading board, roll out, fold together, roll again, line pie plate, put in mince meat, wet edges, put on top crust and bake.

Mince Meat.

Take 3 lbs. of beef, the cheap cuts are the best for this; boil until tender, letting the liquor all boil down, wash and wipe on a clean dish towel, 1 lb. raisins, 1 lb. currants, peel and chop 1 doz. apples, cut very fine or put through meat grinder, ½ lb. lemon and citron peel mixed, put meat through grinder, also 5 cents worth of suet, 1 quart cider, spices. put in kettle, return to stove and heat through, put into jars. This will keep without sealing for month.

Cost of Mince Meat.

	Cost.
3 lb. beef (@ 10c lb.)	\$0.3000
1 lb. currants	.1500
1 lb. raisins	.1000
1 doz. apples	.0600
½ lb. lemon and citron peel, mixed	.1500
1 qt. cider	.1000
1 T cinnamon	.0250
1 t allspice	.0083
½ t cloves	.0040
1 c brown sugar	.0417
Fuel (½ use)	.0071

Total\$0.9761

Salted Almonds.

	Cost.
1 lb. almonds	\$0.2500
1 t butter	.0032
1 saltspoonful salt	.0001
Fuel (½ use)	.0030

Cost\$0.2563
Hull almonds, pour boiling water over them, let stand until skins slip off easily, put nuts on pie plate and add butter and set in oven, stirring while yet moist sprinkle with salt, once in a while to keep from burning, when a light brown they are done.

Cost of Menu.

	Cost.
Clear soup	\$0.1340
Chicken ragout	1.4283
Mashed potatoes	.0899
Canned corn	.1313
Cranberry jelly	.1283
Lettuce and tomato salad	.1076
Hot rolls	.1000
Mince pie	.1417
Salted almonds	.2563
Coffee, black, 12 T @ 30c lb...	.0500
Sugar, $\frac{1}{2}$ c	.0208
Butter, 3 oz. at 50c	.0936

Total cost\$2.7018
 —Mrs. S. Manin, 260 East Forty-first street, city.

MENU, BY MRS. REID.**Beef Soup, Crackers.**

Roast Chicken with Bread Dressing.
 Giblet Gravy. Blackberry Jelly.
 Mashed Potatoes. Creamed Carrots.

Mashed Turnips.
 Bread. Butter.
 Lettuce Salad with French Dressing.
 Cheese. Crackers.

Pumpkin Pie.
 Walnuts. Brazil Nuts.
 Coffee.

Beef Soup.

	Cost.
1 soup bone.....	\$0.1000
1 c strained tomatoes.....	.0332
1 T salt.....	.0008
$\frac{1}{4}$ t pepper.....	.0021
Parsley from garden.....	.0000
Gas to simmer 3 hours.....	.0120

\$0.1481

Put soup bone on in 2 quarts cold water, add 1 sprig parsley, salt and pepper. Simmer 3 hours, strain, add tomatoes and serve in bouillon cups with one-half of the crackers allowed.

Roast Chicken and Dressing.

	Cost.
4 $\frac{1}{2}$ lbs. chicken at 27c.....	\$1.2150
1 t salt.....	.0003
Cost of chicken.....	\$1.2153
Gas to roast 2 hours.....	.0510

Total cost of chicken.....\$1.2663

	Cost.
Dressing—	
1 loaf of stale baker's bread...	\$0.0900
2 c hot water.....	.0000
2-3 c chopped giblets.....	.0000
2 small onions ($\frac{1}{2}$ c).....	.0083
1 T salt.....	.0008
1 t pepper.....	.0083
1 T poultry seasoning.....	.0083

Cost of dressing.....\$0.1157

Clean and wash chicken thoroughly. Put giblets on and cook until tender, which will take about two hours. Crumble bread very fine, add giblets, chopped onion, salt, pepper and poultry seasoning. Mix lightly with the hot giblet water and fill chicken. Sew up. Rub the teaspoonful of salt on the chicken. Render out the fat from inside the chicken, roll chicken in this, put a little hot water in pan and place in oven. Add a little water as needed and roast two hours. Put dressing that is left over in another greased pan and bake while roasting chicken.

Gravy.

	Cost.
2 T flour.....	\$0.0018
1 qt. hot water.....	.0000
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0021

\$0.0042

Put water in pan after removing roast, add thickening, salt and pepper and let boil up. Serve.

Mashed Potatoes.

	Cost.
3 lbs. potatoes.....	\$0.0600
1 T salt.....	.0008
$\frac{1}{4}$ t pepper.....	.0021
$\frac{3}{4}$ c hot milk.....	.0201
Gas, 20 min.....	.0038

\$0.0863

Cook potatoes in water and salt until done; drain, mash, add pepper, then hot milk, a little at a time; beat until light.

Creamed Carrots.

	Cost.
2 bunches carrots, at 5c.....	\$0.1000
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0021
1 T flour.....	.0009
$\frac{1}{2}$ c milk.....	.0134
Gas, 1 hour.....	.0114

\$0.1281

Scrape and slice carrots, then cook for 1 hour in salted water; add flour and pepper to milk; pour in carrots; cook for about five minutes, and serve.

Mashed Turnips.

	Cost.
Turnips	\$0.1000
1 t salt.....	.0003
$\frac{1}{4}$ t pepper.....	.0021
Gas, 45 minutes.....	.0084

\$0.1108

Peel turnips, cut up, cook $\frac{1}{2}$ minutes, mash, add salt and pepper, serve. A little sugar, if liked sweeter.

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 200 or A 7601 and Order The Telegram

Salad.

Lettuce with French dressing:

	Cost.
2 heads lettuce, at 5c.....	\$0.1000
½ c Wesson oil.....	.0453
1 T vinegar.....	.0016
½ t salt.....	.0001
½ t cayenne pepper.....	.0010

\$0.1480

Take off outside leaves of lettuce, wash inside and break leaves in two or three pieces; drain. Mix dressing, put salt and pepper in dish, add oil and last vinegar to dressing and mix thoroughly. Serve with the rest of the crackers and the pimento cheese.

To Make the Coffee.

	Cost.
1-6 lb. of coffee, at 27c.....	\$0.0450
13½ c water.....	.0000
Gas, 20 min.	.0038

Cost of coffee making.....\$0.0488
Top of 1 qt. milk for table use .0500

Total\$0.0988

Pumpkin Pie Crust.

	Cost.
1 c flour.....	\$0.0141
1½ T Crisco.....	.0120
¼ t salt.....	.0001
About 3 lbs. water.....	.0000

Cost\$0.0262

Pumpkin Filling.

	Cost.
2 c cooked pumpkin.....	\$0.0364
2 c milk.....	.0536
1 egg.....	.0500
3 T sugar.....	.0078
¼ t salt.....	.0001
½ t ginger.....	.0041
½ t alspice.....	.0020
¼ t cinnamon.....	.0020
2 t syrup.....	.0026

Cost\$0.1586

Cost of crust 0262

\$0.1848

Steam pumpkin ½ hr., remove meat from shell, put the 2 T of syrup on the pumpkin and cook for one-half hour longer, add spices, salt, sugar, beat egg, add to milk, mix together, run through colander, put in crust and bake with roast. One-half of a 5c pumpkin makes two cups.

Prices of Menu.

	Cost.
Beef soup.....	\$0.1481
Roast chicken.....	1.2663
Dressing.....	.1157
Gravy.....	.0042
Mashed potatoes.....	.0868
Creamed carrots.....	.1281
Mashed turnips.....	.1108
Salad.....	.1480
Cheese.....	.1000
Crackers.....	.1000
Coffee.....	.0988
Dessert.....	.1848
1 glass blackberry jelly.....	.0500
1 loaf homemade bread.....	.0600

\$2.6016

6 T sugar for coffee.....	.0156
3 oz. butter for table use.....	.0938
¾ lb. walnuts @ 25c.....	.1900
½ lb. Brazil nuts @ 20c.....	.1000

\$3.0010

—Mrs. J. A. Reid, Portland, Or.

MENU, BY MRS. HARDY.

Clear Tomato Soup.

Bread Croutons.

Olives.

Mixed Pickles.

Roast Chicken, Bread Stuffing.

Giblet Gravy. Wild Blackberry Jelly.

Whipped Potatoes. String Beans.

Brown Bread. Butter.

Apple, Celery and Nut Salad.

Carrot Pudding with Sauce.

Pumpkin Pie.

Coffee.

Mrs. Hardy says: My Thanksgiving dinner is really going to cost a great deal less than \$3, for the string beans, pumpkin, pickles, etc., were raised in our war garden and canned for winter use. The wild blackberries for jelly I picked myself. The rooster has been raised and fed mostly on table scraps. The bread crumbs for stuffing I save when cutting bread, dry and keep in a glass jar. I have used no lard or other cooking compound for over a year now, as all my pies, cookies, cakes, doughnuts are made from cottonseed oil, with which I have splendid results. A tablespoonful of the oil in vegetables instead of butter is equally satisfactory and much more pleasing to Mr. Hoover. In my conservation pumpkin pie I use a teaspoonful of Egah powder and a teaspoonful of corn starch, instead of an egg, for while the egg substitute does not contain the nourishment of an egg, it has no harmful ingredients, and in this kind of a dinner there is plenty to nourish one without the egg in the pie.

Clear Tomato Soup.

	Cost.
6 large tomatoes.....	\$0.0500
2 c milk (scalded).....	.0520
½ t salt.....	.0001
Dash of pepper.....	.0001
Dash of soda.....	.0001
1 T cottonseed oil.....	.6057

Total cost\$0.1080

Cook tomatoes until tender; mash through sieve; add baking soda to tomatoes, then stir slowly into milk; add salt and oil and serve at once.

Squares of Toasted Bread.

½ loaf of stale bread.....\$0.0200

Cut slices of bread in squares and brown on pan in oven and serve at once.

Roast Chicken.

	Cost.
5 lb. chicken	\$1.0500
2 t salt	.0006
1/2 t pepper	.0041
1 T flour	.0009
Hot water	.0000

\$1.0606

Cost of each person.....\$0.1787

Dress, clean, wash and fill chicken with stuffing and sew up. Place in roasting pan, dredge with flour, add salt and pepper and $\frac{3}{4}$ cup hot water and bake until tender. Baste after.

Stuffing.

	Cost.
Stale bread crumbs (saved when cutting bread and the crusts	\$0.0000
1/2 t salt	.0001
1/2 t pepper	.0041
1 egg	.0500
1 onion (finely chopped)	.0010
1 t sage	.0083
1/4 t curry powder (if liked) ..	.0040
Stock from giblets	.0000

Total\$0.0675

Cost for one person 1 cent.

Season bread crumbs with salt, pepper, sage, etc.; add chopped onion and giblets which have been boiled and chopped. Mix with egg or very little of stock in which giblets were boiled.

Gravy.

	Cost.
2 T flour	\$0.0027
1/2 t salt	.0001
1/2 c milk	.0150
3 c hot water.....	.0000

Total\$0.0178

For 1 person, \$0.0302.

Remove chicken from pan, put on top of stove and brown; add hot water; let boil; then add flour, beaten smooth in a little milk; cook until it boils well, stirring constantly.

Whipped Potatoes.

	Cost.
4 lbs. potatoes	\$0.0800
1 t salt	.0003
1/2 c milk	.0150
1 T cottonseed oil.....	.0057

Total\$0.1010

For one person, \$0.0222.

Boil potatoes, drain, mash, add milk and oil and beat with a fork until creamy.

Apple, Celery and Nut Salad.

	Cost.
3 large apples	\$0.0500
Celery	.0400
1 c chopped nut meats.....	.1250

Total\$0.2150

Chop each separately, then mix with salad dressing.

Uncooked Salad Dressing.

	Cost.
1 egg yolk	\$0.0300
1 T vinegar	.0016
1/2 t salt	.0021
1 c oil	.0906

Total\$0.1223

Beat 1 egg yolk to a smooth cream with 1 tablespoonful of vinegar, $\frac{1}{2}$ teaspoonful salt; add slowly while beating 1 cupful of cottonseed oil (this does just as well as olive oil and is cheaper). Beat until smooth and thick; pour over chopped fruit, in individual salad dishes; pour little extra dressing on top; add a few of the finely chopped nuts and a dash of paprika.

String Beans (Home Canned).

	Cost.
1 qt. can beans	\$0.0800
1 T oil	.0057
1/2 cup cream (not necessary) ..	.0400

\$0.1257

Open string beans and cook until tender with tablespoonful oil. When ready to serve add cream.

Carrot Pudding.

This is delicious and as rich as suet pudding and saves the fats which are so precious nowadays.

	Cost.
1 cup carrots, grated	\$0.0200
1 large cup potato grated ...	.0100
1 cup flour	.0141
1 cup sugar	.0417
1 cup raisins	.0500
1 t soda	.0007
1 t cinnamon ..	.0083
1 t cloves	.0083

Total\$0.1531

Mix together and steam three hours in a covered pail.

Sauce for Pudding.

	Cost.
1/2 c sugar.....	\$0.0208
2 T cornstarch.....	.0063
1 c milk.....	.0150
Flavoring	.0292

Total\$0.0713

Boil milk and sugar together and add cornstarch dissolved in a little of the milk. Pour over pudding.

Brown Bread.

I have figured we will eat about 10 cents worth of brown bread made by this recipe. Save 1 pint of potato water and add to it 2 medium sized potatoes, mashed fine; warm and dissolve in it 1 cake Fleischmann's yeast and $\frac{1}{2}$ tablespoonful sugar and whole wheat flour for a stiff batter. Beat and set in warm place to rise about $\frac{1}{2}$ to 1 hour until bubbles show on top. Use 3 cups Ralston bran and 3 cups graham flour. Put in bread pan, make a hollow, add 1 teaspoonful salt, 1 tablespoonful oil, add risen yeast and a pint of lukewarm water. Beat

and add white flour until it can be handled, then turn on mixing board and knead until smooth and elastic. Place in a greased bowl, cover and set aside in a warm place till more than double its bulk from $1\frac{1}{2}$ to 2 hours. Mold into loaves. Place in well greased bread pans, filling half full. Cover, let rise until double in bulk. Bake 45 to 60 minutes. Delicious. Tastes very nice with raisins or dates chopped.

Conservation Pumpkin Pie.

	Cost.
1 large cup pumpkin.....	\$0.0300
$\frac{3}{4}$ cup sugar.....	.0312
2 cups whole milk.....	.0060
1 t. Egho powder.....	.0040
1 T cornstarch.....	.0030
Pumpkin.....	.0742
$\frac{1}{2}$ t mace.....	.0015
$\frac{1}{2}$ t ginger.....	.0041
1 t cinnamon.....	.0083
$\frac{1}{2}$ t salt.....	.0001

\$0.0882

Crust—	Cost.
2 T cottonseed oil.....	\$0.0114
$\frac{1}{4}$ t salt.....	.0001
$\frac{3}{4}$ c flour.....	.0105

Total\$0.1102

Mix filling and turn into pie pan lined with pastry. Bake 35 or 40 minutes. Dissolve the egg substitute and cornstarch in a little milk. An egg may be used instead which would bring the cost up to \$0.1935.

Detail of Cost.

	Cost
Clear tomato soup.....	\$0.1080
Squares of toasted bread.....	.0200
Roast chicken.....	1.1606
Stuffing.....	.0675
Gravy.....	.0178
Whipped potatoes.....	.1010
Salad.....	.2150
Salad dressing.....	.1223
String beans.....	.1257
Carrot pudding.....	.1531
Sauce.....	.0453
Brown bread.....	.1000
Butter.....	.1000
Pumpkin pie.....	.1102
Coffee.....	.0400
Cream for coffee.....	.0430
Sugar for coffee.....	.0080
Wood fuel, 3 hrs.....	.0900
Wild blackberry jelly.....	.0800
Pickles.....	.0500
Olives.....	.1500

Total cost\$2.8075

Mrs. J. L. Hardy, Portland, Or., R. F. D. 2. Box 7.

MENU, BY MRS. WRIGHT.

Crab cocktail with salted crackers.

Tomato soup with wafers.

Crab apple pickles.

Stewed chicken with brown gravy.

Persian rice. Currant jelly.

Mashed potatoes.

Cauliflower au gratin.

Biscuits.

Butter.

Fruit salad with fruit dressing.

Minced pie with creamed cheese.

Salted peanuts.

Coffee.

Crab Cocktail.

	Cost.
1 pt. crab (home canned)	\$0.1500
1 T Worcestershire sauce	
(home made).....	.0090
$\frac{3}{4}$ of bottle of catchup.....	.1500
Salted crackers.....	.0400
	\$0.3490

Tomato Soup.

	Cost.
1 pt. tomatoes (home canned) ..	\$0.0750
1 qt. milk.....	.1300
1 t soda.....	.0007
1 t salt.....	.0003
$\frac{1}{2}$ t pepper.....	.0041
1 T pepper.....	.0009
Wafers.....	.0400
	\$0.2510

Fowl.

	Cost.
1 hen (stewed).....	\$0.6500
Fuel.....	.0300
2 T flour (for gravy).....	.0018
1 T salt.....	.0008
1 t pepper.....	.0083
Water.....	.0000
	\$0.6909

Persian Rice.

To be served with chicken—an added luxury.

	Cost.
1 cup rice.....	\$0.0454
$1\frac{1}{2}$ c raisins.....	.0750
2 t minced preserved ginger ..	.0100
$\frac{1}{4}$ c oleomargarine.....	.0200
$\frac{1}{2}$ c walnuts (cut fine).....	.0625
Fuel.....	.0200

\$0.2324

Cook raisins, nuts and ginger in butter until raisins puff up, then add mixture to rice, pour in casserole, cover and let steam for $\frac{1}{2}$ hour.

Mashed Potatoes.

	Cost.
3 lbs. Irish potatoes (mashed) ..	\$0.0600
1 t salt.....	.0003
$\frac{3}{4}$ c milk.....	.0201
Fuel.....	.0040
	\$0.0844

Cauliflower au Gratin.

1 head cauliflower	\$0.1000
Fuel	.0060
1½ c milk	.0402
1 t flour	.0003
1 t salt	.0003
½ t pepper	.0041
2 T grated cheese to put on top	.0094
	\$0.1603

Return to oven to brown.

Biscuits.

	Cost.
1 qt. flour	\$0.0563
1 t salt	.0003
2 T lard	.0174
3 t baking powder	.0108
1 cup milk	.0268
Fuel	.0030
Currant jelly (home made)...	.0700
Crab apple pickles (home made)	.0500
	\$0.2343

Fruit Salad.

	Cost.
1 can pineapple	\$0.1000
2 apples	.0300
6 halves of canned pears	.0090
Celery	.0200
Nuts	.0100
1 lettuce head	.0500
	\$0.2190

Salad Dressing.

	Cost.
1 egg	\$0.0500
3 T sugar	.0078
1 t salt	.0003
1 T flour	.0009
1 t mustard	.0083
1 cup fruit juices	.0000
	\$0.0673

Use only 1-3 for salad at \$0.0224.

Mince Meat Ingredients.

	Cost.
2 qts. chopped green tomatoes (home grown)	\$0.1000
2 qts. chopped apples (bought from grower)	.1500
1¼ lbs. suet	.1500
2 pkgs. raisins	.2500
1½ lbs. brown sugar	.0700
2 T cinnamon	.0500
1 T nutmeg	.0760
2 T salt	.0016
1 T allspice	.0250
½ T cloves	.0041
2 qts. cider	.2000

Makes 8 quarts for\$1.0761

Mince Pie.

	Cost.
1 pt. mince meat (home made) ..	\$0.1250
Pie crust	.0400
Fuel	.0188
Cheese with pie	.0500
	\$0.2338

Cream cheese and roll in shape of carrot, put parsley on top for the green.

Salted peanuts\$0.1100

Cost of Menu.

	Cost.
Crab cocktail with salted crackers	\$0.3490
Tomato soup with wafers	.2510
Crab apple pickles	.0500
Stewed chicken with gravy ..	.6909
Persian rice	.2324
Currant jelly	.0700
Mashed potatoes	.0844
Cauliflower au gratin	.1603
Biscuits	.1143
Butter	.0936
Fruit salad	.2190
Salad dressing	.0224
Mince pie with cheese	.2338
Salted peanuts	.1100
Coffee (9 T)	.0844
Cream (top milk)	.0500
Sugar (¼ c)	.0104
	\$2.8259

—Mrs. M. Wright, 488 East Davis street, city.

Addenda

Should some little variations in price be noted in the foregoing recipes, please understand that this work extended over a period of four months, and recipes were priced in accordance with the prices current on the Public Market when written. However, most of the recipes have been revised to conform to the prices of October 31, 1917, given on pages 35, 36 and 37.

The value of all this pricing (as

has been said elsewhere) is always more in the comparative than in the absolute cost. I trust it will prove as helpful to all who use this cook book in ascertaining which recipes are most economical, as it has to the ladies whose recipes fill this book, and who are entitled to your appreciation of their capable, disinterested and patriotic work.

AUNT PRUDENCE.

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